EBRUARY 23 — 29, 1980

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EVE'S WEEKLY

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THE CHANGING TIMES: ONE WOMAN'S TRANSITION FROM BULLIED DAUGHTER-IN-LAW TO SELF-CONFIDENT WOMAN

REVIVING AN OLD FAVOURITE: PEOPLE KNOWN AND UNKNOWN

CANCER: ARE WOMEN PARTICULAR SUSCEPTIBL

HYSTERECT IT'S NOT THE END OF THE WORLD

CHILDREN'S RESPONSES TO ART AND MUSIC

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A LITTLE SWEETNESS GOES A LONG WAY

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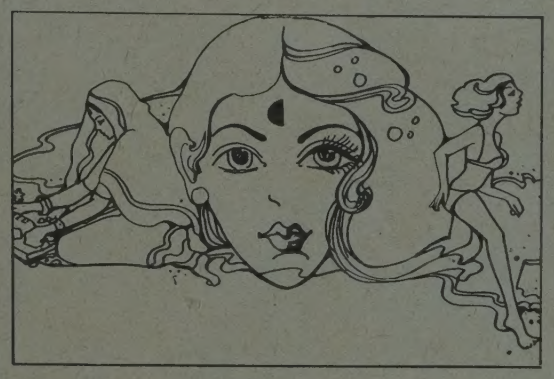
eve's weekly

VOL. XXXIV NO. 8 BOMBAY FEB. 23 — 29, 1980

THIS WEEK

UNDERSTANDING CANCER

Cancer. Almost a household word, so common is its occurrence these days. An interview with a prominent cancer specialist about cancer and the Indian woman.
Page 10.



CHANGING...

The story of one woman's transition from bullied daughter-in-law to self-confident woman.
Page 41.

HYSTERECTOMY

More and more women are going in for hysterectomies and there is therefore more and more need for all concerned to understand the operation and its possible psychological implications. A talk with two leading gynaecologists.
Page 16.

CHILDREN AND THE ARTS

What do the worlds of art and music have to offer to children? And how can their natural self-expression be guided into artistic expression, whether in music or in art?
Page 48.

ALSO

Do-it-Yourself: A writing pad — **Page 21** Creative Photography: IV — **Page 23** Make Your Garden Grow: II — **Page 31** Artist of The Month: Mrinalini Mukherjee — **Page 37** Satin Flowers: Make them yourself — **Page 39** Film Interview: Tina Munim — **Page 43.**

REGULAR FEATURES

Your Page/**7**, Readers' Voice/**9**, People Known & Unknown/**19**, Comics/**25**, Short Story/**26**, Fashion/**28**, Cookery/**33**, Young Viewpoint/**46**, Frankly Speaking/**51**, People & Events/**52**, Horoscope/**54**.

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YOUR PAGE

Do you have something to say?
Then say it here. We pay Rs. 25, 15 and 10 for the three best letters.

1st PRIZE

WE'RE MINORITY TOO!

Since supporting minority rights is the big thing today, my husband and I also belong to a "minority segment" that needs help.

1. I come from one State and am married to a man from another State. As the "sons of the soil" theory is being put into practice more and more all over India, do my husband and I (and our children, in future) have a right to special concessions in my State, his State or no State? To make matters worse, we have come to a third State in search of a livelihood!

2. My husband and I belong to different religions. Since we respect each other's beliefs, and since we do not believe in conversion, we had a civil marriage according to the laws of the land. But, according to my husband's religion, we are living in sin and our future children will be illegitimate, unless we go through the religious rites of his community, after several years of being married. This, I believe, is called "regularising" a marriage! I would therefore, like to know whether our children will (a) get special concessions in a minority-run school (which generally exist only because of government grants) of my husband's/my denomination or (b) be denied school admission altogether.

3. From the newspapers, one gathers that in Bombay "minority" does not simply mean "religious". The Gujarati and Sindhi colleges have also been accorded a minority status as they are a "linguistic minority". Since our childrer would be bilingual at least, speaking both our mother tongues, to which minority college would they be entitled to go for special admission?

It is also an interesting exercise to find out whether one should classify oneself as Gujarati-Christian; Sindhi-scheduled caste or Maharashtrian-Muslim to avail oneself of the benefits given to the linguistic and religious minority backward classes and perhaps even the economically weaker sections (if one has any time to spare for them).

Going by these rules, our children would undoubtedly be classified as brahmin-backward class-domiciled Maharashtrian-Tamilian-Christian-Hindu! Would they then, be eligible for all the privileges accorded to all the minorities, or will they be denied all concessions because, basically, they can only be one thing — Indians. I hope that when we do have children, they will be proud of the fact that because of the convictions of their parents they will be denied all special privileges by government, social and religious bodies!

LAKSHMI NARAYAN, Bombay

Your letter is, indeed, an eye-opener and you have given expression to thoughts simmering in many Indian minds. The way the whole situation is being handled is shameful. We can only hope that by the time your children start growing up, we will have shed all these nonsensical hypocrisies.

2nd PRIZE

BLAMING THE GIRL

Ever since Eve's innocent little act as the seductive temptress (which led to the expulsion of the famous pair from the Garden of Eden), it has become a universal habit of man to blame the 'little lady' for all his shortcomings and the mistakes he makes. But a few stray incidents which took place recently made me realise the limits man will go to, to prove his innocence and pile all the blame on the woman. Recently, a lot of hullabaloo was created when the Delhi girls protested against the ever-increasing Eve-teasing. But the only reactions to their vehement outcries were just a few examples of male chauvinism. In the Sunday magazine section of a very popular newspaper, an article on the causes of Eve-teasing by a gentleman, simply reeked of the pomposity of a typical male Egocentric. Girls were blamed for dressing in revealing outfits with the sole purpose of attracting the opposite sex. Another gentleman, while expounding his views on the same subject, had this very original explanation that girls like being molested! Some eminent personalities of Delhi, while being interviewed on T.V., again pinned the cause of Eve-teasing on the hapless Eve herself. She was accused of dressing provocatively to catch the male eye. I happen to study in a college where the uniform is white salwar-kameez (nothing could be more modest or less provocative) and we get the same crude remarks as other girls dressed in jeans and T-shirts get. It really makes me laugh. Even for their shabby behaviour towards girls walking on roads, for their roving eyes and for their dirty thoughts, I need not say who these men have to blame: the girls, of course!

CHANDANA CHATTERJEE
Dehra Dun

We, too, have found that fully-covered, conservatively-dressed girls are targets for eve-teasers as much as the girls who dress "provocatively". What then, is the reason? We feel it is the outpouring of a repressed society whose male members believe that a woman is an object to take to bed — period.

3rd PRIZE

WATCH THOSE WEIGHTS!

All over Bombay city, people are being openly cheated by the old newspaper purchasing shops, as well as by the 'jari-puranawallas' (who buy the old newspapers) by manipulating their weighing scales in various ways.

In order to make the people aware of this matter, we have taken weights of the following newspapers and weeklies, and found out the number of issues of each type required to make up a kilogram of weight, so that at the time of selling the old newspapers, the citizens can know the approximate weight of the papers, just by counting the number of newspapers of each kind to be sold to the hawkers or shop-keepers. So please remember that:

7 Times of India will weigh about one kilo; 12 Indian Express will weigh about one kilo; 20 Free Press Journal will weigh about one kilo; 15 Mumbai Samachar will weigh about one kilo; 28 Jam-e-Jamshed Weekly will weigh about one kilo; 6 Illustrated Weekly will weigh about one kilo and 13 Eve's Weekly will weigh about two kilos.

Please note that Sunday newspapers have not been included in the above weights; they are slightly more in weight than the daily newspapers.

T.P. SETHNA, Bombay

This is very useful information which, we are sure, readers will appreciate. It would be nice to have this kind of information also about some more of today's fast-selling magazines.

EACH WEEK

Everything is varied, and it's hand-picked for your leisure. Very gripping articles — just for your reading pleasure.

Each woman will find something — to stir her interest. Search? They do it all the time to bring you what is best.

Within these pages there are things you've never read before,

Elegance in fashions, and good recipes galore.

Entertaining articles and wit and pathos too,

Knowledge here for every woman which, of course, means YOU.

Lots of different subjects — some to cut out and to keep. You therefore must be sure you read this magazine each week.

GEORGE T. FEGRADOE
Bombay

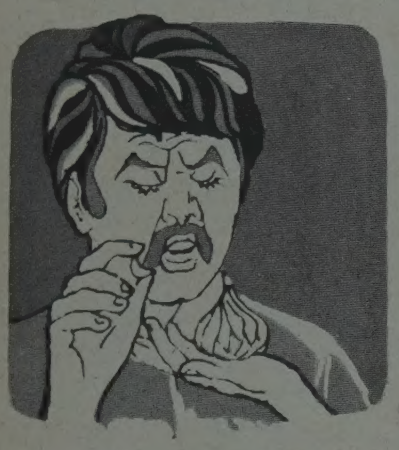
Oh-oh! That's very fulsome praise and saccharine-sweet, at that. Of course, we won't blush, since we take both bouquets and brickbats in our stride.

RANBAXY'S GARLIC PEARLS

A few facts you should know.

Garlic has been well-known from earliest times for its medicinal properties. Medical authorities have accepted the value of garlic in correcting various health problems. Garlic can be taken raw or cooked or in capsule form. But to derive the maximum medicinal benefits from garlic, it should be taken in the most effective way.

Why not raw Garlic?



Raw garlic cloves have to be chewed before the extract acts inside the body. But when chewed, they leave an unpleasant smell. When swallowed, they are difficult to digest. And the extraction is incomplete.

Why not cooked Garlic?

On cooking, the effective medicinal properties of garlic are lost.

Why RANBAXY'S GARLIC PEARLS ?

Ranbaxy Laboratories, a trusted name with the medical profession, now gives you all the benefits of raw garlic—without the smell. Ranbaxy's Garlic Pearls contain the pure extract of raw garlic in easy-to-digest, soft gelatin capsules—the most effective way of deriving the medicinal properties of garlic.

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- Reduce high cholesterol levels.
- Help ease disabling joint pains.
- Prevent and control recurring coughs and colds.

Take Ranbaxy's Garlic Pearls—everyday. It's a healthy habit.

Take two pearls twice daily regularly.

The natural way to all-round health.

aslan/RGP3/80

READERS' VOICE

Most articles raise a question, a comment or at least a criticism. Write them down and mail them to us!

SPECIAL COURTS FOR CONSUMER REDRESS

Krishna Basrur's article on Special Courts (Consumer Awareness, January 5) was good. But surely we need a less expensive, faster method than courts, even special ones, would be able to provide? Would it not be better to organize protests against shops and manufacturers that supply substandard goods and do not provide proper after-sales service? I know of an aggrieved customer who hired a small boy to stand outside the shoe shop which sold him a faulty product displaying the broken slipper and shouting, "This shop sells items like this". Within fifteen minutes the customer got a replacement item.

SULBHA-RAJ JAIN, Bangalore.

SHORT STORIES

The story, "Raju's Mother", by Rukmini Parthasarathy (January 5 and 12) was touching in its authentic depiction of Indian attitudes towards the roles of men and women in society. There are many old and unhappy "Vedas" who have to put up with humiliation, neglect and rejection by the men in their families. Unfortunately there are too few "Ushas" to lighten their burdens.

PARVATHI MENON, Ottapalam.

A TOUCHING POEM

The poem, "The Champa Garland", by Thrity Bharucha (January 19), was touching and poignant. Reading it one can unfold a whole lifetime.

PHYLLIS ENGINEER, Bombay.

NEITHER LAVISH NOR LUXURIOUS

I read with interest the articles by Amita Malik and Kumkum Chadha on foreign service frills and tribulations (January 12). It might interest Amita Malik that in the Punjab they now prefer I.P.S. officers to I.A.S. or I.F.S. officers as sons-in-law because they are of more help in a family feud! Miss Chadha interviewed the wives of senior officers, whose loyalty to "the service" would not allow them to speak frankly. If she had interviewed the wives of officers from lower ranks she would have found that the conditions are really pitiable. And it is now universally recognized that diplomacy is a dangerous profession. So foreign service officers and their spouses should be given a pat on the back for serving the country in difficult stations abroad and still keeping alive the legend of the foreign service as a coveted and prized service.

A. LAYAS, Delhi.

COMPULSION IS INEVITABLE

In a country where living upon the wife's pay packet is still considered to be a social taboo and a matter of degradation and shame, providing equal opportunities to women in the job market without proper reservation or legislation ("Is Job Reservation The Answer?" — January 19) is just next to impossible. Where rationalism fails to click, then compulsion is inevitable. But what is feared is that such moves usually end up in political stunts creating 'vote pockets' to the political party in power.

K. S. RAMAN, New Delhi.

WALK FOR A CAUSE

Very little was done to better conditions for children in the International Year of the Child. The Walking Crusade described in the article, "Walking for a Cause" (January 19) was certainly one of the most successful efforts made to focus attention on the problems of our junior citizens. Similar walks could be arranged locally by bodies devoted to social welfare even in our small towns. Though the International Year of the Child is over, children are still suffering.

G. BIMLARANI GANSHYAM, Hyderabad.

NEXT WEEK

ISSUE OF MARCH 1

HOSTELS FOR WOMEN

Surveys in Delhi and Bombay reveal that there are not enough of them and that those few are not really good enough, for one reason or the other.

IMRAN-FEVER

A candid interview with the cricket-hero.

THE CONSUMER JUNGLE

And how to hack your way through it. An American consumer activist shares her experiences.

FROM JAPAN, WITH LOVE

Exquisite flower arrangements.

SLEEPING IN STYLE

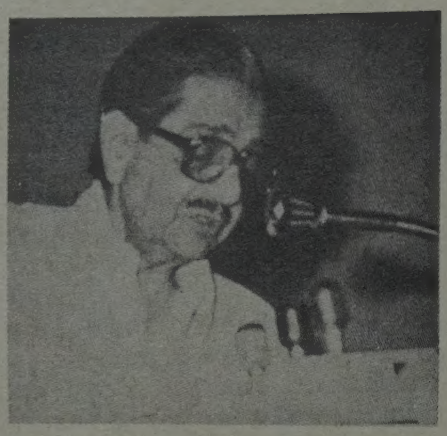
Fashion wafts into the bedroom with dream-wear lingerie.

HUMOUR

For all those who find that food just finds its own way to their mouths and slips between their teeth and down their gullets without so much as a by-your-leave!

UNDERSTANDING

Shivanand Karkal



An Interview with DR. D. J. JUSSAWALLA, Director, Tata Memorial Centre, and President, 4th Asian Cancer Conference.

"The commonest cancers in Indian woman," said Dr. Jussawalla, "are cancer of the cervix — the mouth of the womb — and of the breast. These cancers are also the commonest cancers in Western women, but there cancer of the breast is much more common, while here in India cancer of the cervix is the commonest." (Thus. figures from Bombay's Tata Memorial Hospital show that of 100 cancer cases in Indian women, 36 are of the cervix, 18 of the breast and 15 of the mouth, cheek, throat (oral cavity) etc. The corresponding Western (US) figures are 6, 26 and 2 respectively.)

"Most cancers are found in every part of the world, it is only their incidence that varies. That is why most of us now believe that personal and general environment play a part in deciding the type of cancer a person gets. We do not know the exact reasons and can only theorise: We now believe that cancer arises from physical, chemical, and perhaps, biological factors.

"As an example of what I mean by personal environment, consider the habits and customs of people, which change from place to place. Smoking, chewing tobacco, drinking — all these are habits that differ widely over the world. And so do the kinds of cancers. Thus India has the highest incidence of mouth and throat cancer in the world, Japan has the highest incidence of stomach cancer, while in the West, lung cancer is the commonest. We feel that this is due to the prevelant habits in each region."

Why is cancer of the cervix the commonest cancer among Indian women?

"We think that this is due to factors like very early marriage and not enough prenatal and postnatal care. Babies born in villages receive no proper hygiene or adequate medical attention, infections and the trauma of labour are not well attended to. Similarly, the age at marriage, and the age at which the first baby is born are also very important in the development of breast cancer. We know that if a woman has married and has had her baby in the 20's it's a protective factor, whereas if she has her first baby after the age of 30, it's positively dangerous! This is perhaps due to some hormonal changes about which we know nothing as yet. The fact remains that breast cancer is more frequent in women who've had their first baby after 30 years of age."

Is there any relationship between lactation and breast cancer?

"It was once believed that lactation exercised a protective effect on the development of breast cancer. This has now been disproved. However, breast feeding if carried on for eight to ten years, does seem to have this protective effect. Breast feeding for such a long period is seen only among some rural groups in Japan — and these women **are** protected! Theoretically, breast feeding a child for eight years confers such a protection on the mother. But who'll do this in India?" Dr. Jussawalla asked.

How can cancers of the breast and cervix be diagnosed early?

"Since the breasts and the uterus are easily available for inspection and examination, detection problems with these cancers can be minimised — if a woman presents herself early enough, he replied. "Any breast lump should be shown, as early as possible, to a physician, or preferably, a surgeon. A woman shouldn't simply sit back and say, "Well, I've got a little lump here. It's not paining me so I don't have to see a doctor." Lumps don't have to give rise to pain in the early stages of cancer. In fact, early cancer has no symptoms. A little later — a stage which we call, clinically, early cancer — lumps, bumps, ulceration, begin to appear.

"Let me emphasise again that pain is **not** one of the main symptoms of cancer. Unfortunate, beause if it were, then people would go early to their doctors. In many cases, having a cancer in its early stages means merely having a lump — and that is just no discomfort! Sad! I wish every cancer from its very first day would be painful because if it were, people would present themselves much earlier to us!"

For the early detection of cancer of the cervix, a procedure invented by Papanicolaou, called a Pap smear, is very useful. The principle of this test is simple: the cells shed by the cancer are collected from the vagina and stained with special chemicals. Under the microscope, these cells can then be studied by experts. Pathologists have classified certain characteristics of cells as indicative of cancer. If the cells show such changes, cancer of the cervix is suspected. Careful follow-up of such patients is subsequently carried out.

Dr. Jussawalla, emphasising the role of routine Pap smears in the detection of early cancer of the cervix, said. "I think that routine Pap smears are one of the most essential tests that **should** be done, because if every woman in the world keeps on having a Pap test done routinely, over a period of ten years, cancer of the cervix will be wiped out just as smallpox has been wiped out from the face of the earth. I can make this statement very confidently, indeed."

How often should women have a Pap test done?

"Well," he replied, "many authorities recommend as often as twice a year, but I think once a year is enough."

"Don't you think, Dr. Jussawalla, that such a regular testing will generate a cancer phobia among women?" I asked him.

"No, because I think it will be produced only in people liable to get all sorts of phobias. So, if they don't get cancer phobia they're likely to get some other phobia. After all, we don't want to frighten women with wrong facts or wrong information. But if they're right, we've got to face them. Today, the easiest cancer to eliminate is cancer of the cervix. We know it can be done, yet, we aren't doing it. After all, in a democracy like ours, we can't force the entire female populace to have a Pap smear done routinely!"

What about cancer of the uterus proper? Can that too be eliminated like cancer of the cervix through routine Paps?

"No, cancer of the uterus proper is a little different from cancer of the cervix. A normal Pap — the way it's done for detecting cancer of the cervix — is not good enough to detect it. A special technique called cervical aspiration is needed to detect cancer of the uterus. At any rate, cancer of the uterus is, unlike cancer of the cervix, fairly infrequent in India. It is generally seen in women who haven't had any children — and its rare to find women in India who haven't had any children!"

What are the chances of eliminating breast cancer?

"That is a rather far fetched idea," said Dr. Jussawalla. "We can detect breast cancer in its early stages, we can treat it with a cure rate of 85 per cent if the lymph glands in the armpits are not involved, but the cure rate drops down to 40 per cent once these glands get involved by the cancer cells. Of course, 40 per cent of such patients can still be saved, but there is no known method available today — surgery, radiotherapy or chemotherapy — that can save the other 60 per cent!"

WHAT IS CANCER

Most cells in the human body possess the ability to grow and reproduce. This growth and reproduction is usually under the control of certain specific and non-specific factors. For instance, any injury to a tissue is one of the strongest factors that stimulate the remaining cells of that tissue to grow, reproduce and make up for the deficit caused by the injury. Such a normal reproduction of the body's cells is therefore controlled by the body itself, achieves a specific purpose and ceases to occur when that purpose is served.

In another condition, however, cells may grow without serving any function and with-

* The Crab and Sword is the symbol of the Indian Cancer Society.

CANCER

out any of the body's control mechanisms regulating them. Such a process may begin in only one cell, and it is just this one cell that may go on dividing and redividing countless numbers of times, with its progeny forming what is called a tumour (which literally means, a swelling). Such a group of abnormally reproducing cells is many billions in number before it becomes apparent to the patient himself, or to his doctor. The medical term for such a process is neoplasia, and the tumour is called a neoplasm (which means, a new growth).

Pathologists have classified such new growths into two groups: benign and malignant. Benign new growths grow very slowly, are restricted to their original site of growth and generally do not harm the patient. Malignant growths, on the other hand, grow rapidly, invade surrounding healthy tissues and travel by various means to distant sites in the body, ultimately killing the patient. (This of course is a generalisation and some "malignant" tumours are known to behave benignly, while some "benign" tumours behave malignantly).

Thanks to an endless scare campaign mounted and sustained with the help of the mass media, the word cancer today conjures up in the lay mind a vague, yet menacing, implacable and mysterious killer disease. What really causes cancer? The answer can be given in two words — nobody knows — or in a flood of verbiage. The tradition among oncologists (doctors who study oncology or cancer) has been to talk of carcinogens or cancerogens — substances that cause cancer. Oncologists believe that when such carcinogens act on their target tissues, a cancer will result. Thus, cigarette smoke is known to contain a substance that has been proved to cause cancer in experimental animals. This substance, called 3, 4 benzpyrene, when inhaled over a long period of time, causes one kind of lung cancer. Unfortunately, however, this does not mean that someone who has never smoked will not get that type of lung cancer — he can. Things have come to such a pass, writes one authority wryly, that nowadays everything under the sun, and the sun itself, is called carcinogenic! Nay, as one eminent pathologist puts it, we live in a sea of carcinogens!

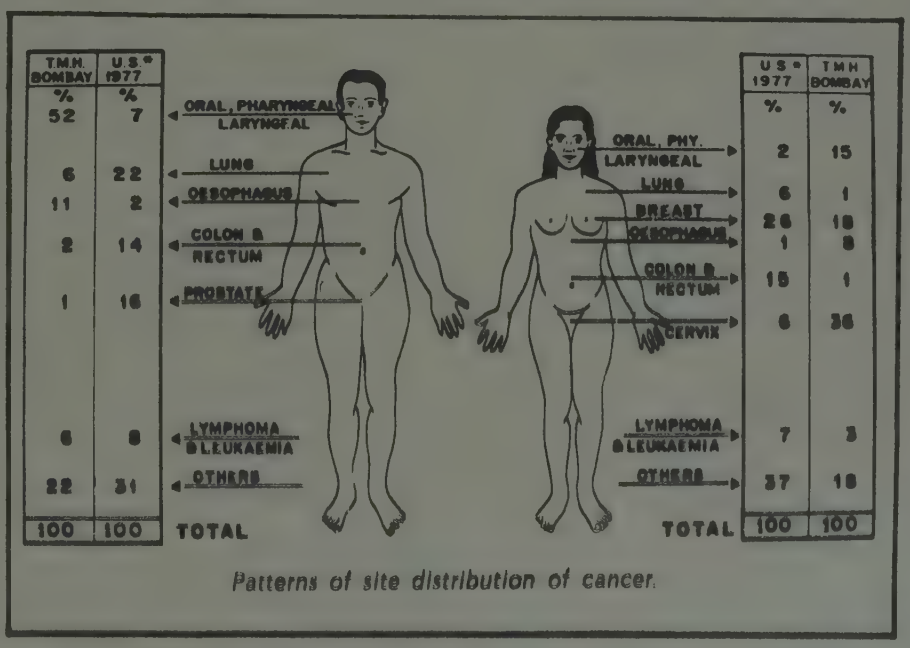
The fact remains that none of these proven carcinogens has been shown to be the **sine qua non** of any cancer; that none of these carcinogens, operating alone, can produce cancer.

Getting cancer does not mean an automatic death sentence running over the next few days, weeks, months or years. Medical history is replete with patients who lived many long years (with their cancers treated or untreated) and ultimately succumbed to some other unrelated cause. A cancer may kill one person in five months, yet another person with the same cancer may survive for fifteen years! This is a unique feature of cancer, which nobody can predict. It has been attributed to what is called the "biological behaviour" of cancer, and has defied the arrogance of many a doctor who wrote off his patient with a "It's too late now. I can't give you more than three months."

Oncology has two schools of thought: while the conventional school endlessly searches for the cause/s and cure of cancer, and insists on early diagnosis and an aggressive attack on cancer through surgery, radio and chemotherapy, there is another non-conventional school of thought which believes otherwise. It contends that cancer is a natural process — it cannot be caused, so it cannot be prevented. It condemns the gargantuan multitrillion dollar industry that has built itself around cancer for chasing mirages of cause and cure of cancer, and emphasises that one can live with cancer.

Cancer, this school of thought points out, does not always kill, and does not always imply that the patient is living on borrowed time.

In many instances, conventional cancer cure is worse for the patient than the cancer itself — the mutilation caused by over-enthusiastic surgery, and the many adverse effects of chemo- and radiothereapy. This school of thought therefore recommends that if a cancer patient be treated at all, he should be treated only for his symptoms. This should mean surgery, but not the devastating "radical" kind, and a minimum of chemo- and radiotherapy. The foremost among the proponents of these concepts are Doctors Manu Kothari and Lopa Mehta, who have recently published a book titled "Cancer — Myth and Realities of Cause and Cure".



Patterns of site distribution of cancer.

COPING WITH CANCER

Once a patient with cancer is taken up for treatment, the attending doctor has three choices — surgery, radiotherapy and chemotherapy. Surgery aims at surgical removal of the cancer, radiotherapy attempts to achieve this by bombarding the cancer cells with lethal doses of radiation, while chemotherapy means the utilisation of certain chemicals to kill the cancer cells.

There are two kinds of surgical techniques — "curative" and "palliative." Curative surgery has the ambitious objective of curing the patient of the cancer, and this can at best be a success only when the cancer is at a very early stage, that is, when it is still localised to the site where it began, and has not spread to other sites in the body. Thus, for instance, in the case of breast cancer, such treatment means a mastectomy (surgical removal of the breast involved bythe cancer).

According to Dr. Jussawalla, "It is simple and easy to treat breast cancer before it spreads to the armpits. Lymph glands in the armpits are a marker to whether the cancer has spread elsewhere in the body. In patients detected and diagnosed at such an early stage, we can achieve an 85 per

WARNING SIGNALS OF CANCER

The Indian Cancer Society lists the following as symptoms of a particular type of cancer. They are:

(1) A sore that doesn't heal.
(2) Nagging cough or hoarseness.
(3) Indigestion or difficulty in swallowing.
(4) Obvious change in wart or mole.
(5) Thickening or lump in the breast or elsewhere.
(6) Change in bowel or bladder habits.
(7) Unusual vaginal bleeding or discharge, especially post-coital and inter-menstrual bleeding.

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cent survival rate, and they will live, not for five, but even for ten years. At the end of the ten years, if one draws a graph showing the survival of these patients, it will run parallel to the survival curve of women of the same age who have not had breast cancer."

Palliative surgery may be undertaken at a much later stage of the disease when curative surgery is no longer possible, that is when the cancer has spread much beyond its original site, and even to distant sites in the body. In this type of surgery, as much of the primary tumour as possible is removed. Thus, some of the patient's symptoms — caused by the tumour itself — are sought to be "palliated."

Another modality of treatment is radiotherapy. In this, the cancer is subjected to radiation emanating from a radioactive material like radium. This can be kept in close proximity to the cancer, or radiation can be aimed at the target tissue from a distance with the help of special machines. For instance, in early stages of cancer of the cervix radium needles kept within special containers are arranged in the cervix, and retained there for a specific period of time till the cancer is destroyed.

One inherent danger of radiotherapy is that it may damage and kill not only the cancer cells, but also the surrounding healthy tissues. The same danger is shared by the third modality of treatment available to the cancer patient — chemotherapy. This modality may not only kill cancer cells, but also other healthy cells of the body, like the cells lining the stomach and intestines, the cells of the bone marrow, the cells of the hair follicles, and so on. Drugs used in cancer chemotherapy have also to be very extensively researched before they can be used on humans, and they are therefore very expensive.

Though benign tumours can be surgically removed and a cure pronounced with a certain degree of confidence, the same cannot be said of malignant tumours. The latter have to be dealt with a judicious combination of surgery, radiotherapy and chemotherapy. Each has its disadvantages, of course. Surgery can be unnecessarily mutilating, marring the patient psychologically, and making his or her remaining years of life a misery. Chemotherapy is usually an intimidatingly expensive affair, has to be very carefully supervised, and poses a number of dangers ranging from the falling of hair to a fatal depression of the bone marrow which can then no longer produce the vital red and white blood cells. Radiotherapy also has this marrow-depressing action, besides another important one known as "radiation sickness."

SMOKING, — A HEALTH HAZARD

Tobacco consumption, the World Health Organisation notes with concern, has gone up in recent times in many parts of the world, particularly third world countries like India. To focus attention on this menacing health problem, the WHO has announced that the slogan for 7 April 1980, World Health Day, will be, "Smoking or Health — Make Your Choice." It intends to put into operation a world-wide anti-smoking campaign in 1980.

While in Western countries cigarettes remain the main form of tobacco consumption, other modes exist in other countries. In India, cigarette smoking is not as big a problem as tobacco chewing, tobacco rubbing, bidi-smoking, hukka-puffing and so on. Perhaps the most dangerous of the indigenous modes of tobacco consumption is the chutta — a sort of cigar very commonly used in Andhra Pradesh by men and women alike. The unique feature about it is that it is kept with the burning end inside the mouth and the smoke inhaled. This makes chutta users more predisposed to cancers of the cheek, palate and throat.

"In most urban areas in India," said Dr. Jussawalla, "more and more women are beginning to take up cigarette smoking. The more 'enlightened' among them think it fashionable. Perhaps they feel that if they smoke, they're liberated — all of which is a lot of psychological nonsense! In western countries, while the vast amount of talks, articles, books and so on about the dangers of smoking seem to have frightened the men sufficiently to make them ease off on smoking the habit is increasing among women!

"If you draw a graph showing smoking patterns among males and females, you'll see that the graph for males has plateaued off (showing that their consumption is remaining more or less stationary) while the female graph shows a marked rise. Correspondingly, the incidence of lung cancer among western women is also rising. Twenty years ago, lung cancer was the tenth or twelfth commonest cancer among western women. Today, it is the second or third commonest."

In the lay mind, cigarette smoking and lung cancer are synonymous. However, cigarette smoking can also lead to other health problems. While tobacco chewing, extremely common in India, predisposes a person to cancer of the cheek, rubbing tobacco over the gums and teeth makes him more vulnerable to cancer of the gums, and the Indian bidi is much more dangerous than the cigarette.

"Besides cancer, cigarette smoking can lead to other diseases affecting the cardiovascular system — the heart and blood vessels — as well as the respiratory system," Dr. Jussawalla warned.

Besides these deleterious effects equally applicable to men and women, there are certain adverse effects of smoking which women should take special note of. To quote a recent report of the WHO Expert Committee on Smoking Control (1979):

"Maternal smoking during pregnancy gives rise to retarded fetal growth, resulting in an average weight 200 grams less than that of children born to non-smoking mothers, independently of the other factors that tend to reduce birth weight such as low socio-economic status, high parity, etc. The baby is small-for-dates rather than small because of a shorter gestation. Almost twice as many smokers as non-smokers produce babies weighing less than 2500 grams. The weight deficiency is related to the number of cigarettes smoked during pregnancy rather than to the number smoked before the pregnancy began."

Various mechanisms involved in the reduction of birth weight have been suggested, but the precise role of each is not yet fully understood. They might include a direct toxic influence from carbon monoxide, nicotine, or some other constituent of tobacco smoke, an impairment of placental circulation; a secondary effect from impaired nutrition of the mother, and disturbance of vitamin B 12 and/or vitamin C metabolism (serum levels of both these vitamins are lower in smokers).

There is some suggestions that there may be an increased risk of congenital malformations in

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children whose mothers smoke during pregnacy. This is another area for further research.

Perinatal deaths include stillbirths, deaths during labour and deaths in the first week after birth. One very large survey showed a 28 per cent increase in perinatal deaths when the mother smoked. The effect of smoking was more important in the presence of some other detrimental factor such as low socio-economic status, poor obstetric history, etc. The death rate rose with the number of cigarettes smoked up to a level of ten a day and thereafter remained level even with higher levels of smoking.

The report also brought to light more alarming facts: "Follow-up studies of infants born to smoking mothers have shown some continuing effect at the age of 7 years. Maternal smoking during pregnancy emerges as the most important single preventable determinant of low birth weight, the probability of which is directly proportionate to daily cigarette consumption. Following a study of 12.000 patients, Murphy et al found that smoking mothers are more likely to have spontaneous abortion, premature delivery, and perinatal loss than non-smoking mothers. These authors therefore warn that obstetricians and midwives should be explicit in their efforts to advise mothers to give up the tobacco habit during pregnancy."

Finally, the report notes, "Recent studies suggest that smoking results in an earlier menopause."

IV ASIAN CANCER CONFERENCE

Recently, Bombay's Taj Mahal Hotel was the venue of a five-day medical extravaganza — the fourth Asian Cancer Conference. Organised jointly by the Tata Memorial Centre and the Indian Cancer Society. The first Asian Conference was held in Tokyo (1973), the second in Singapore (1975) and the third in Manila (1977). Besides more than 350 individual research papers, the conference also featured lectures by some of the most eminent figures in the world of oncology, including Dr. Gregory O'Connor, Director of the Division of Cancer Cause and Prevention, National Cancer Institute, USA; Dr. John Higginson, Director of the International Agency for Research in Cancer, Lyons, France; Dr. Kunio Oota, Director of the Tokyo Metropolitan Institute of Gerontology; Dr. Nigel Gray, Director of the Anti-Cancer Council of Victoria, Australia; Dr. Edward Beattie, Director of Memorial Sloan-Kettering, New York; Dr. Robert Good, also of Memorial Sloan-Kettering, and many others.

The highlights of the first day's proceedings were the Homi Bhabha oration by Dr. O'Connor and the Dorab Tata oration by Dr. Ramalingaswamy, Director of the Indian Council of Medical Research. After paying high tributes to Dr. Bhabha, Dr. O'Connor spoke on the concept of cancer prevention, which he defined as "any alteration of host or environment which precludes or interferes with the development of a clinical cancer or the continuing growth, spread or recurrence of an existing cancer."

This could be done by identifying the dominant risk factors, reducing occupational hazards (for instance, aniline dye workers are more predisposed to cancer of the bladder) and eliminating habits like smoking, chewing betelnut, etc.

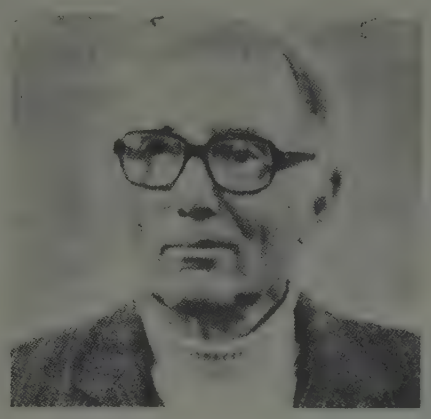
He suggested that a cancer health service be made part of primary health care for this purpose. This should consist of counselling and instruction at all stages, education, screening patients for early diagnosis and patient management. Education, Dr. Connor stressed, should be at two levels; public and professional. It should consist of information on the known risk factors, early signs and symptoms, self-examination and the most effective treatment available.

Dr. O'Connor also warned against the danger of cancer overkill — the public could be saturated with cancer information to the point of confusion and disinterest by the irresponsible handling of the subject by the mass media and over-zealous environmentalists. This would seriously undermine public credibility and would lead to despair, he pointed out.

Dr. John Higginson said that many human cancers (60 per cent in females and 40 per cent in males) could be correlated to the environment directly or indirectly. For instance, the role of cultural and dietary environment in the development of breast, prostate, uterus and gastro-intestinal cancers was well-known, he said. All this has "significant implications for future research in cancer control."

The conference also featured a Smoking Control Panel which was conducted by members of the WHO Expert Committee on Smoking Control. The panel pointed out that the tobacco problem in India (tobacco accounts for 40 per cent of all male cancers in India) was only in its first phase. The second phase of the "Asian tobacco epidemic" was still to hit us. It would do so after the development of affluence in the next ten to fifteen years, and would be aborted only if effective action is taken now.

Dr. Gregory T. O'Connor



Dr. John L. Pool

Dr. Edward Beattie, speaking on the Surgical Oncology panel said, "Until World War II, all cancers were treated by surgical removal or radiation therapy. There was no successful treatment for leukemia. Surgery was the treatment of choice in early localised cancers amenable to surgical removal. Radiation therapy was the important treatment for advanced cancers.

Some early cancers such as cancer of the cervix respond well to radiation therapy. The development of chemotherapy gave birth to the idea of the multi-disciplinary approach. This combined approach has been most successful in paediatric cancers. In the USA, there was approximately 7000 new cancers a year in this age group, and because of the combination multimodality treatment, most of the solid tumours have become about 85 per cent curable. Barely a decade ago, the survival rate for these tumours in children was approximately 15 per cent.

Dr. John L. Pool, who helped set up Bombay's Tata Memorial Hospital, also spoke on the Surgical Oncology panel, and concluded that "teamwork with radiologists and chemotherpists and, above all, an improved climate of knowledge and communication between surgeons and patients has led to more cancer survivors."

Dr. John Higginson

Dr. Kunio Oota, speaking on "Cancer in Old Age" said, "The term 'cancer-age' has long been in common use and its implication is that old age is associated with a higher incidence of cancer. Confronted with the fact that more and more people are going to live longer in the future, a scientific study on the association of ageing cancer is necessary. Some argue that everyone would die of cancer if human beings were to live to the age of 150 years, while others maintain that such an association is only casual." More research would be needed to solve this problem, he concluded.

The highlight of the last day was Dr. Robert Good's lecture on the immunological aspects of cancer. Dr. Good said that fascinating new vistas were being explored in this field, and especulated on the possibility of ultimately manufacturing a vaccine against cancer, which should be the panacea for cancer.

HYSTERECTOMY: Facts And Fallacies

A hysterectomy is a major operation and can be a traumatic experience for the women who undergo it. MARIANA PINTO talks to gynaecologists and hysterectomy patients

Many women are under the impression that hysterectomy is performed to remove a potentially malignant organ. However, the conditions necessitating this operation can be varied, not all of them pertaining to cancer. Discussing this point, well-known Obstetrician-Gynaecologist, Dr. Winifred Fernandes, said, "Many non-cancerous conditions make it necessary to operate and these can occur at any age. If a woman is suffering from severe haemorrhage or has developed a tumour (a mass of new tissue growth independent of its surrounding structures, having no physiological function. Tumours are classified as benign or malignant) or multiple fibroids (excess of muscular tissue) or if there's any pathology (variation from a sound condition) in the uterus isn't it better to remove it?

"With a younger woman a surgeon naturally tends to be more conservative — that is he may remove the pathology and leave a normal functioning uterus behind since she's still at the child-bearing age and might want to have more children. But most women tend to finish having children by the time they're 39 or 40 years old and then there is no point retaining the uterus because a woman is likely to grow these tumours again and might return for another operation. However there is no fixed rule. Each woman has her own particular circumstances and we have to consider them before taking a decision."

Dr. Fernandes mentioned a fibroid operation she had performed on a 40-year-old woman whose uterus she retained because she was newly married. Another patient was brought to her from abroad with severe haemorrhage which was not stemmed even with continuous administration of blood transfusions given in an effort to prevent an operation. Hysterectomy was performed in this case and pathology not felt by the examiner's fingers previously was found after the biopsy was done. Dr. Fernandes explained that disfunction of the hormones is a common condition necessitating removal of the uterus.

Would a womb that lies 'vacant' for a number of years be more likely to develop a tumour?

Dr. Fernandes said that there is a theory that women who are sterile and those who remain unmarried have a tendency to develop fibroids because of constant stimulation of hormones. When a woman is pregnant, on the other hand the uterus is given a chance to rest. For nine months the uterus is in a 'quiescent' state as it rests from normal activity. However this theory does not establish any rule, Dr. Fernandes explained. Today many women who have children also develop fibroids. Elaborating on this, she said that even women who are on the pill can develop fibroids. In fact, she said, in some people the pill has been known to stimulate fibroids.

Does every growth have to be removed?

"Every tumour has a malignant potentiality. Ovarian tumours are always removed; a fibroid tumour could be kept under observation," she replied.

What happened in earlier times when such operations as hysterectomies were almost unheard of? Has the incidence of cancer, particularly in the womb increased?

"In the old days doctors used to shrink fibroids with radiation, haemorrhages were also treated with radiation," she replied. "Today we don't believe that this treatment prevents cancer but that it leaves behind an organ which could develop cancer later. Also, radiation actually brings about a rapid menopause. Nowadays, too, people are more aware of the risks of developing cancer. They go to cancer detection centres and have the pap-smear test done. Through this test one can detect **carcinoma-in-situ** (cancer which is local and has not spread). At this early stage one can remove just that area by conization (removal of a cone-shaped area near the cervix) if the woman is young, or do a hysterectomy, if the woman has finished her child-bearing period."

While the majority of women experience some anxiety on learning that they have to undergo hysterectomy, there are others who experience resentment and fear. This results in the domestic disharmony one frequently comes across. Asked to comment on this, Dr. Fernandes said, "Anxiety is the natural reaction to any major operation. It's because they face surgery and not because it is a hysterectomy."

Asked if the loss of the uterus caused a psychological trauma which would need counselling therapy, she said that doctors themselves acted as counsellors when the need arose. If the patients felt unsure about the after-effects of the operation, the doctor usually prepared them to accept the loss of the uterus.

Wouldn't this loss cause some anxiety after the operation even as a mastectomy (removal of a breast) would?

Dr. Fernandes felt that since the uterus is within the body, it is not as outwardly noticeable a loss and that since most hysterectomies are vaginal they certainly didn't leave even a scar as a reminder, whereas a mastectomy entailed the removal of an external part of a woman's body. The woman undergoing mastectomy would, therefore, naturally take longer to adjust to the new circumstances. Hysterectomy was a different thing altogether. The patients who returned for advice only came during the first two months after the operation, after which they settled down to normal life.

Often a woman who puts on weight after hysterectomy blames the operation for it. Dr. Fernandes made an interesting observation about this. She said, "The cause of the obesity is self-indulgence in foods and a refusal to resume full and natural physical activities quickly. I tell them to exercise immediately and maintain a diet."

Couldn't the obesity be due to a hormonal imbalance after hysterectomy?

"There are very few cases of hormonal imbalance after hysterectomy. A certain number of women do put on weight but I want to stress that this is because they ignore the doctor's advice regarding regular exercise and diet."

What about women who were on the pill?

"Use of the pill is known to increase weight in some women and decrease it in others. Some women lose weight when they stop having the pill. I personally don't relate excessive weight to hysterectomy."

Some women think cancer can run in the family. Can cancer of the uterus be hereditary?

"Some women are indeed under the impression that cancer is hereditary and that if their mothers had cancer of the uterus they would develop it also. I advise such women to have regular check-ups in a cancer detection centre to relieve their fears," said Dr. Fernandes.

Finally, dismissing myths like the belief that a woman's feminity is lost after hysterectomy, that her health is ruined and that coitus should not be practised after the operation as it might cause injury, Dr. Fernandes said, "An intelligent woman will not waste a thought on myths propagated by uneducated people. Most medical attendants instruct both the patient and her husband in these matters. The men are very cooperative during the post-operative period. They don't want to see their wives suffering, they accompany them to the clinic and take an active part in their treatment."

Dr. R. P. Soonawala, another well-known Bombay Obstetrician-Gynaecologist, cited various indications for hysterectomy. According to him, tumour of the

uterus, heavy bleeding, prolapse of the womb and any malignacy were conditions that needed to be investigated and operated on. "It is major surgery," he said, "but with the advances made in the fields of anaesthesia and with improved surgical techniques and the availability of blood etc., it is not considered as complicated as operations on the heart or kidneys."

How expensive is the operation?

He replied, "In first class hospitals or in nursing homes, a patient would have to pay anything between Rs. 5,000 to Rs. 7,000, but there are general hospitals where only charges for medicines and a few other things have to be borne."

What are the risks you run if you don't undergo surgery?

"Risks are major when the operation is necessary in a case of malignancy and it is not done— it would eventually result in mortality. Neglected tumours grow bigger; bleeding becomes more frequent and heavier, resulting in general weakness. If a hysterectomy is indicated to check heavy menstruation or intermenstrual bleeding, for instance, it would benefit the patients general health by improving the anaemia."

What changes in temperament and lifestyle could one expect?

"The patient's age and her basic personality are important factors in determining her reaction," he replied. "If the ovaries are removed, it does make a difference. Depression, irritation and anxiety are sometimes experienced after the operation because the hormones produced by the ovaries withdraw from circulation, producing symptoms very similar to menopause. Oestrogen is then administered orally to replace the hormones. Most of the patients adjust and return to normal life after two or three months, at which time I advise them to resume intercourse, which some of them are afraid of doing for fear of causing injury. In my experience women generally don't experience a change in temperament but feel a great relief from menstruation."

The myth that women are useless after everything has been removed is said to have originated with men. Commenting on this, Dr. Soonawala said "It is only the undersexed male who encourages his wife to think she is different now that her uterus has been removed so that he can escape from resuming normal sexual activity. As far as the woman is concerned, internal healing takes place within two months of the operation, at which time she is ready to resume marital relations."

Dr. Soonawala was emphatic about the necessity for the husband's active participation during any operation his wife has to undergo and in the post-operative care as well. He agreed that it would be a great help if men watched their child's delivery so that they felt a sense of involvement. "We can administer painkillers to the women so that it is easier for their husbands too. They will feel only the joy of the experience. Then, from this point onwards, they can be actively involved in anything that has to do with the wife's body and health."

Despite Dr. Soonawala's insistence on the husband's participation and Dr. Fernandes' assurance of her patients' husbands' constant attention during hysterectomy there are doctors who, women reveal, have warned them not to expect any understanding from their husbands. One woman confided that the doctor advised her to keep busy so as not to feel neglected by her husband. She said she felt a great need to unburden her problems to someone. Couldn't she have spoken to a hospital counsellor? Hospitals don't have any counsellors on their staff, she replied. On inquiring with hospitals, it turned out that they employ social workers who arrange mainly for funds to meet the expenses if the patients are unable to bear them.

Replying to a suggestion that women should be able to speak to a counsellor while undergoing hysterectomy, a doctor said, "If they want to they should see a counsellor on their own first, then come to us for the operation." Apparently, with the number of patients on their hands, doctors cannot make time to give all of them 'a patient hearing'. Therefore it is for them to suggest that hospitals could employ counsellors. This would be a great boon to women facing not only hysterectomy, mastectomy and other major operations, but also victims of rape who are brought to hospitals, who undergo a terrible psychological trauma which can cause a permanent scar, but about which nothing is ever done. Once the physical scars heal the mental scars are left festering.

Moreover, there is a controversy regarding the anxiety women experience after hysterectomy. While some doctors don't observe any anxiety except if the ovaries are removed (which again is not a rule for all women), others observe depression and anxiety, prescribe treatment with hormones for it and leave it at that, for lack of time to follow-up with talks to help patients adjust to their new circumstances. This is yet another reason why women and men who undergo major operations, should be given the benefit of counselling in hospitals.

Of the women who have undergone hysterectomy, the case of a 35-year-old woman is interesting and definitely helpful: "When I first heard of the operation I was a bit scared," she said. "I worried about things like — would I put on weight, would my husband lose interest in me and could I take on the same responsibilities at home looking after my three small children etc. The doctor's opinion, however encouraged me and the operation itself laid all my fears at rest. If anything, I was more active than ever! I don't see any major change in my lifestyle after hysterectomy. Yet, a previous anaemic condition caused a liver complication to develop. I also have some pain in the joints. Though these problems may not be due to the operation, they lend credence to the belief that the operation affects one's health. A busy life after the operation always helps to keep a person alert and healthy. I think half the health problems arise due to the fear of becoming ill!"

About coitus after hysterectomy, she said, "I don't find any difference during coitus but my husband says that he misses the ticklish touch of the uterus. The friction alone doesn't make up for the lack of this erotic sensation so he expects me to make up for it in other ways."

Another woman belonging to the same age group who spoke to me on this last point said. "After surgery we have resumed normal relations and both of us find everything as satisfactory as before. The vaginal lubrication is still there, so we don't feel any difference."

Questioned about this, the doctors explained that the emotional factor is very important at this time. Some adjustment may be necessary but they find that the husband is usually willing to make it.

An older woman of sixty, who was operated on 15 years ago was of the opinion that "women did indeed have a conservative outlook in the last decade." In fact, she said, "even doctors didn't advise an operation in those days. My husband, too, was against it and so we tried homeopathy, ayurvedha, anything almost — just to avoid surgery. I was told that health problems would crop up after the operation. Finally, after ignoring the gynaecologists' advice for three years and suffering from terrible weakness with constant haemorrhages, I had a hysterectomy done. It was a big relief and didn't affect my relationship with my husband in any way. I was told I would get nervy but I cope with my husband's temperamental outbursts with the same calm I've always maintained."

A 55-year-old woman whose case was given up as it was too late to operate revealed how any haemorrhage occurring after menopause is dangerous and requires immediate investigation." "I had menopause at 48 and this slight haemorrhage occurred at 54, which I didn't bother about at first. Then, reading about having a cancer check-up for any unusual bleeding, I went to a cancer detection centre. The results of a test didn't show anything, so I was persuaded by my family to see a gynaecologist next. He advised me to get a DNC done. The results of the biopsy showed cancer in the uterus. Cancer to me meant Tata Memorial Hospital to which I went for the radium treatment given in the initial stages of cancer. Here I was advised to get a hysterectomy done within twelve days so that the dead cells didn't remain in the body. This was the worst period for me, as the doctors I approached refused to operate because they didn't think they would achieve anything by operating if the disease had spread due to initial neglect. I was also given to understand that my slight diabetic condition would make it difficult to operate. Frankly, they frightened me out of my wits. Finally a friend took me to a gynaecologist who not only reassured me but performed the operation very successfully. After this I enjoy better health than I ever did in the last five or six years."

Moving in very sophisticated circles is an extraordinarily intelligent woman whose experience was again entirely different. She said, "Since my family was complete and I had just turned 40, I didn't feel any nervousness about the operation as such, except for

Continued on page 45

Who says nothing is perfect?

There are some things before which mankind's most depressing cliche, 'Nothing is perfect' crumbles.

The circle, for instance.

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PEOPLE KNOWN AND

Mrs. Gandhi is a controversial figure, and she started a controversy as soon as she was re-elected this year. At the temple in Guruvayoor, Kerala, she performed a 'thulabharam' with sugar. 'Thulabharam' is an ancient feudal ritual in South India, when princes and **zamindars** got themselves weighed against gold and silver and offered the same to the gods. Immediately, a flurry of angry letters appeared in the Press, accusing Mrs. Gandhi of being anti-secular. This is ridiculous, to say the least. Secularism means the freedom to practise

Photo Courtesy Indian Express

one's religion, not give it up altogether. But the more interesting questions about the 'thulabharam' remained unanswered: Was Mrs. Gandhi forced to perform the ceremony by the Kerala party bosses or had she taken a secret vow? Was the sugar given to the temple priests or distributed to the poor? In a socialistic country, why was sugar made available to her at Rs. 2.50 a kg. when it was selling in the market for Rs. 5 a kg? As usual the indomitable Mrs. G. remained spinx-like and collectors of trivia had to be content with the information that Mrs. Gandhi weighs 55 kg.

* * *

She was tall (5 ft. 11 in.) dark and gangly, and wore flashy micro-minis to get attention. And when she wasn't trying to break into the world of modelling, she was working as a secretary, with horn-rimmed glasses. But model-launcher Jeannie Naroji discovered a hidden grace in **Phyllis Mendes,** and introduced her to the world of live fashion shows, although in rather outlandish garbs. Phyllis one day packed her suitcase and went to Paris. Legend says that just as Phyllis was in the

process of being politely booted out of the hallowed portals of Pierre Cardin, the house of **haute couture,** the great man himself came out by accident. He took one look at her, the story goes, asked her to walk a few steps, and declared ecstatically, "She is the most beautiful girl in the world!" Amen. Today, the same girl from Bombay's suburbs has acquired a French accent, a French boyfriend and a French residentship, in that order, and finds Bombay "One big slum."

* * *

In the hoary tradition of the American $1,000-a-plate dinners to raise money for charity or for the elections, the organisers, Apeejay, planned a Rs. 500-a-head dinner at Hotel Searock, Bombay, with most of the proceeds going to charity. The celebrity who gave each donor a handshake, an autograph and a homily was the self-styled pilgrim-pugilist **Muhammad Ali.** In Delhi, the Louiseville Lip and former world heavyweight champion declared that Mrs. Gandhi was the "second greatest". But by the evening, he had amended it to "God is the greatest", thereby relegating Mrs. G. to third place, but said generously, "She is the greatest **woman.**" By the time Ali arrived in Bombay several hours late, he was bushed, his wife Veronica ill, and the crowds over-enthusiastic. After signing autographs continuously for more than an hour, Ali said "no more" and hid his face in his arms. When one journalist caustically remarked: "Some people can sure drop a hint," the irrepressible Ali looked up and retorted: "Did they catch it?"

Photo : Sanil

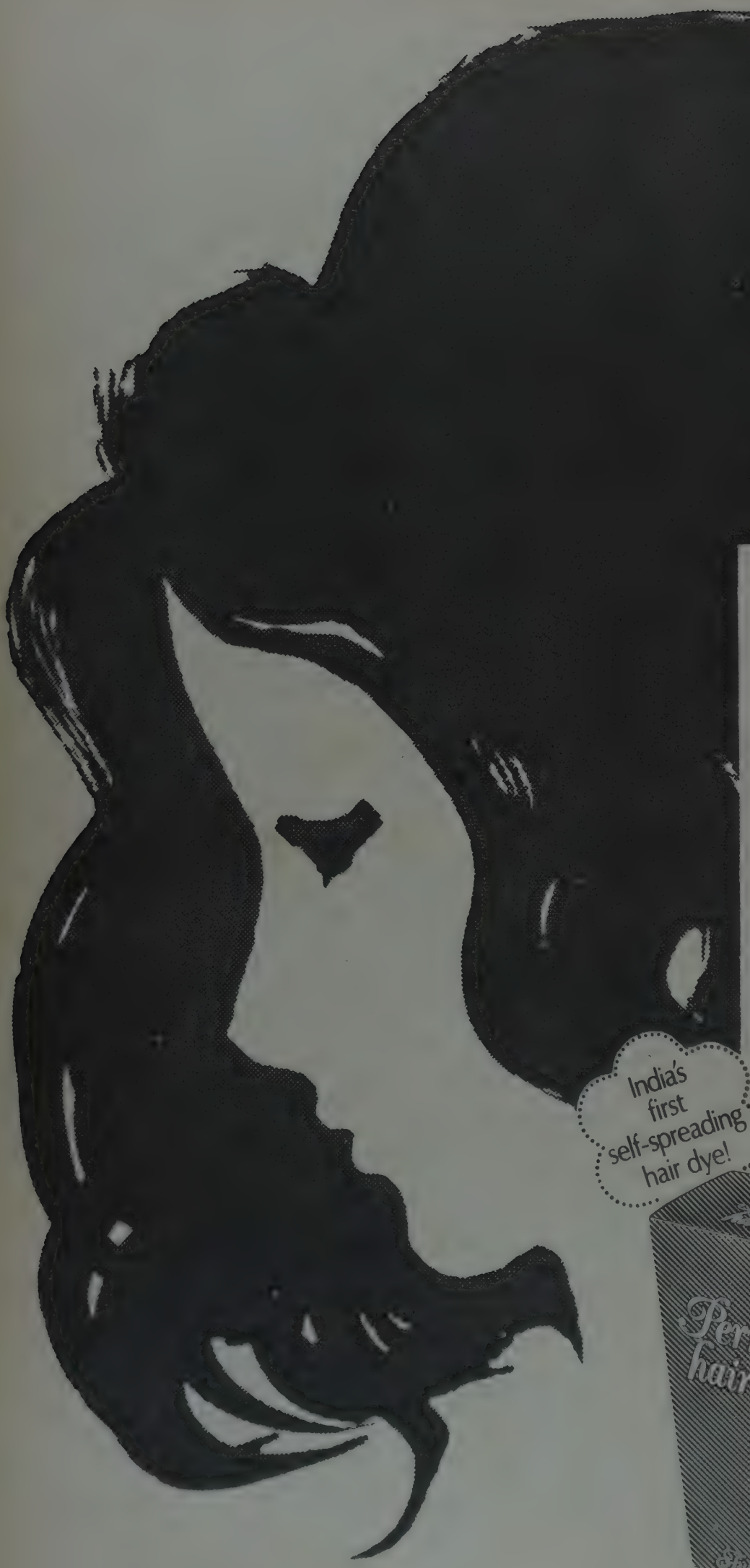
* * *

Her love for the wild animals of East Africa forced **Joy Adamson** to neglect, almost abandon her husband. The thrice-married, Austrian born Adamson, author of the 'Born Free' series, who made the lioness Elsa world famous, found enduring love with George Adamson, a former game warden. But in their old age, while Joy stayed behind at the Meru reserve, George took up the self-appointed job of rehabilitating lions in the Kora game reserve. Joy did not help her husband financially, because she felt all her money belonged to the wild animals, and George struggled along on a meagre government pension. But in death, Joy relented, and left a 'life interest' in the income from her books to her husband. The rest of the wealth amounting to $600,000 has been left to a wild life fund named after Elsa. Meanwhile, the Kenyan police are still tight-lipped about identity and motive of the murderers of Joy, except to say cryptically: "Everything will be revealed when the case comes up in court."

UNKNOWN

Although office-goers in Bombay had never heard of D. R. Medge, his death recently sent thousands of them rushing to the already overcrowded restaurants, one Monday last month. Medge, a prominent 'mukaddam' of the Tiffin Box Suppliers Association, which coordinates the arrival and departure of thousands of lunch 'dabbas' from the distant suburbs to the city, died suddenly. To mourn his death, the 'dabba' suppliers took the day off without informing their clients, and thousands of office-goers found themselves hungry, helpless and bewildered by lunch time.

Compiled by Lakshmi Narayan



All your pet theories about grey hair and hair dyes, Godrej dismisses – with ease.

It's only natural to have grey hair

Of course it is. But it's un-natural to leave grey hair grey when Godrej makes hair dyeing as natural as shampooing your hair. And almost as easy.

Grey hair makes one look 'distinguished'!

Grey hair might add that 'distinguished' look. But it also adds those years to your look. Ask your friend.

Who wants to go through the bother of dyeing one's hair?

No one does. That's why Godrej gives you a hair dye that's self-spreading. Which means that instead of going through a painful 'parting-and-painting' routine, all you do now is apply the dye, work into a lather, wait a while, and then, just wash it off. It's actually as easy as that.

Doesn't hair dyeing damage the hair?

Some old-fashioned hair dyes definitely might. That is why Godrej is differently formulated. It has a built-in hair conditioner that adds youthful body and bounce to your hair.

India's first self-spreading hair dye!

Godrej

Permanent Hair Dye

—takes the trouble out of hair dyeing; so you can take the years off your look.

Available in two sizes: 20 ml. and 40 ml.

For him. And her.
2 shades: Natural Black. Dark Brown.

CA1GS 134.354

Handy Message Pads

Pune-based KAMALA KALE, a master craftswoman and National Award Winner in 1978, is a prominent social worker, too. She has been teaching doll-making to hundreds of women in the neighbouring villages of Pune, to help them augment the family income.

Well-versed in a variety of crafts, Kamala shows you how to make these lovely as well as inexpensive message/reminder pads.

MATERIALS

Thick cardboard for the base and a thin one for the pencil, pieces of fabric and ric-rac in different colours, sequins in different shapes, Fevicol, a small scribbling pad and a pencil.

METHOD

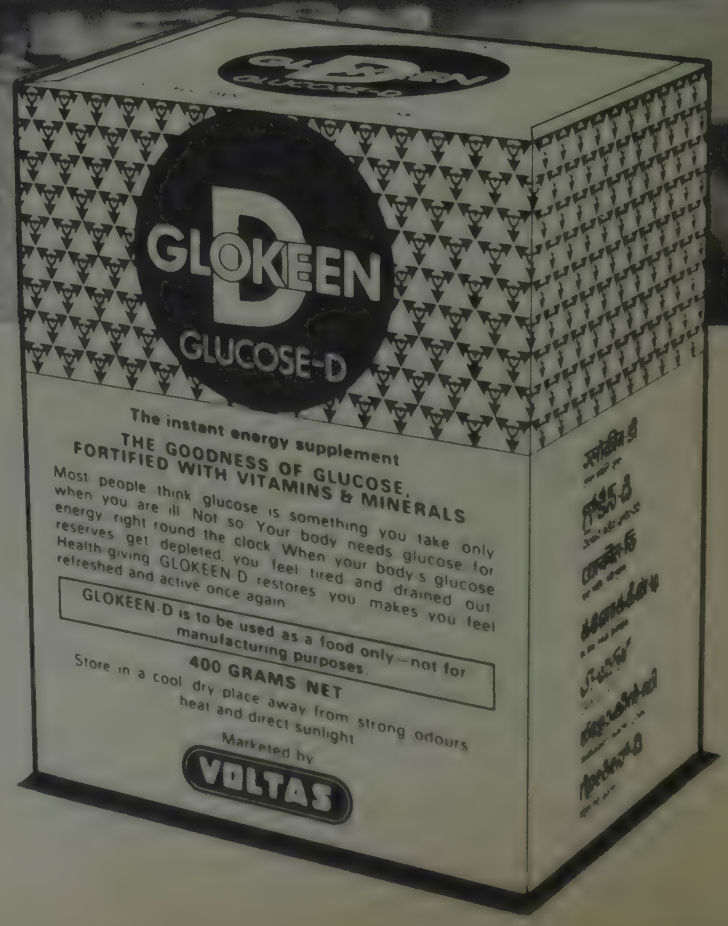
Take a rectangular cardboard, any size you like, and cover it neatly with a plain fabric turning the edges back. Stick in place with Fevicol. Edge with ric-rac. Cut out any motif you fancy from the fabric pieces and paste it at the top on the cardboard base. Decorate this with sequins. Now roll a slim tube from the cardboard and cover it with fabric. Edge with ric-rac and stick in position as shown.

Paste a plain fabric piece on the cover of the pad and decorate with a design. Fix this at the bottom of the base as shown. Finally attach a loop at the back.

Photograph : Mahesh Painter

Glokeen-D Energy...

It Shows!


GLOKEEN
D
GLUCOSE-D
The instant energy supplement
THE GOODNESS OF GLUCOSE
FORTIFIED WITH VITAMINS & MINERALS
Most people think glucose is something you take only when you are ill. Not so. Your body needs glucose for energy right round the clock. When your body's glucose reserves get depleted, you feel tired and drained out. Health-giving GLOKEEN-D restores you makes you feel refreshed and active once again.
GLOKEEN-D is to be used as a food only—not for manufacturing purposes.
400 GRAMS NET
Store in a cool dry place away from strong odours heat and direct sunlight
Marketed by
VOLTAS

Fast-acting Glokeen-D is an invigorating energy supplement for everyone. It fights fatigue and provides more stamina. Glokeen-D contains all the goodness of glucose, fortified with calcium, phosphates and vitamin D ...to keep you in peak fitness all the time.

Make Glokeen-D a daily habit.

GLOKEEN-D

—glowing Glucose energy.

CREATIVE PHOTOGRAPHY

A brief course on how to take photographs instead of just snapshots. -4

FOCUS OF ATTENTION

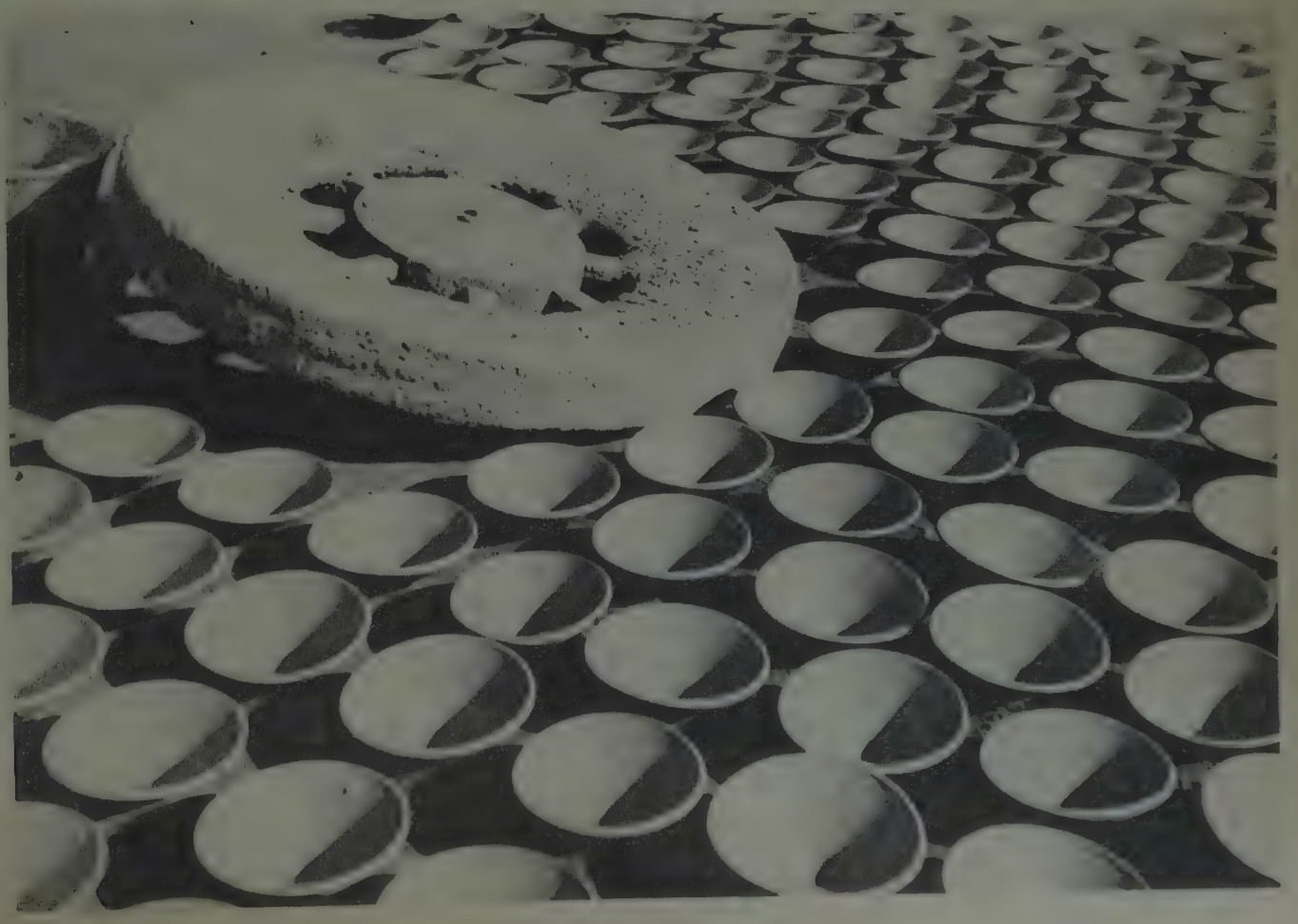
Every good picture has a focus of attention, a main object to hold the beholder's eye. Otherwise the eye tends to wander all over the picture space, not knowing where to settle down.

These two photographs were taken in a potters' village. The first picture shows a group of flower pots and there is no main object on which your eye can rest.

In the second picture of Divali lamps I have introduced the potter's wheel as the focus of attention. You can almost hear the wheel saying, "All my own work." It has given a theme to the picture.

By the way, when taking pictures if you find people looking curiously at the camera enlist their co-operation. They would welcome the opportunity to participate. In this case they helped to arrange the lamps around the wheel the way I wanted it. Of course, you must reward them with tips or copies of the pictures at a later date.

Homi Kharas



THE LITTLE WOMAN

by Don Tobin

HELP POLICE
EMILY! WAKE UP - YOU'RE DREAMING!
OH! WHAT A TERRIBLE DREAM!!
WHAT WAS IT?
THESE TWO MEN BROKE INTO THE HOUSE...THEY TIED ME UP HAND AND FOOT!
IT WAS AWFUL! THEY DRAGGED ME INTO A TINY WHITE ROOM AND STRAPPED ME INTO A BIG CHAIR!
THEN YOU WOKE ME UP JUST IN THE NICK OF TIME!
12-3
THE DENTIST WAS JUST STARTING TO DRILL -
?
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L. WOMAN

A young man got a job in a department store at a low salary. After a few months he bought a new car and expensive clothes. The suspicious manager called him into his office and asked how he could afford to live so extravagantly.

"That's easy," confessed the enterprising young man. "There are three hundred employees in the office and every payday I raffle off my salary at Rs. 5 a ticket."

* * *

A good way to find out what the neighbours are doing is to entertain their children.

* * *

Standing at a bar a man noticed a sign over the mirror reading: IITYWYBAD. His curiosity aroused, he asked the bartender if it was a Russian Hungarian, or Welsh word.

The bartender explained that it was plain English: "If I Tell You Will You Buy Another Drink."

The man did.

THAT'S A LAUGH!

Here's to the happiest hours of my life
Spent in the arms of another man's wife —
My mother.

* * *

There is a superstitious restaurant cashier in Churchgate who, when your bill comes to Rs. 13 changes it to Rs. 14 instead.

A Texan, showing some out of-state visitors around his ranch, referred in passing to his three thousand herd of cattle.

"But," questioned one of the visitors, "don't lots of Texans have three thousand cattle?"

"What?" asked the Texan coldly, "in the deep freeze?"

* * *

"Old Brown won't live long; he has one leg in the grate."

"You mean one leg in the grave."

"No, he's going to be cremated."

* * *

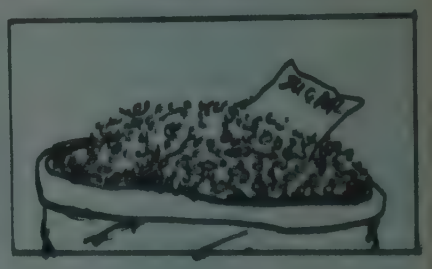
Young Doctor: "Why do you always ask your patients what they had for dinner?"

Old Doctor: "It's a very important question. According to their menus, I make out my bills."

* * *

"Have you sold your house yet?"

"No. After reading the agent's description, we've decided it's just the place we were looking for."



A grocer recently had a pound of sugar returned with a note that it contained too much sand for table use, and not enough for building purposes.

* * *

Customer: "Take a look at what you've done to this."

Laundryman: "I can't see a thing wrong with that piece of lace."

Customer: "Lace, hell! This was a table sheet."

Compiled by George Pegredee

The only Handicrafts Emporium
of its kind in India

Craft Centre

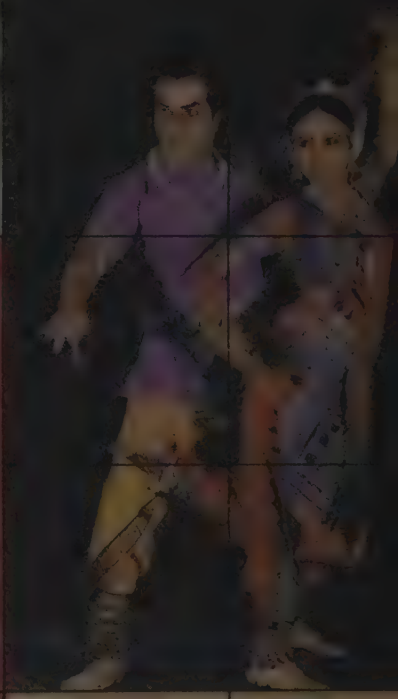
(Nariman Point, Bombay)

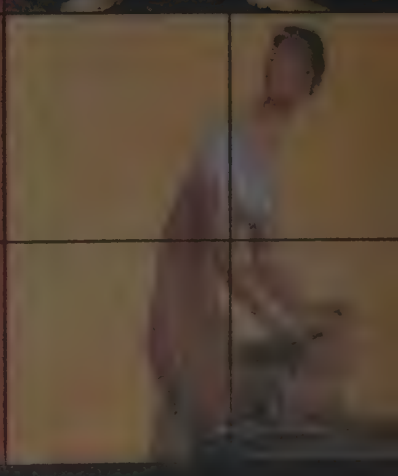
A 2-floor, fully airconditioned shopping centre with an Auditorium for cultural shows by top professional artistes and its own Cafeteria.

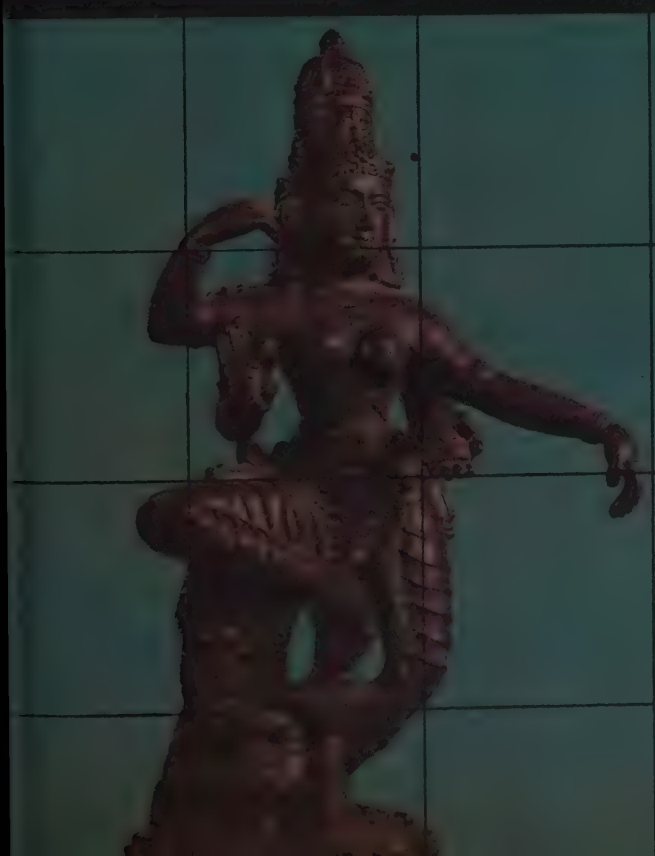
Here under one roof, you can find the most comprehensive range of authentic Indian handicrafts procured from the original source of manufacture.

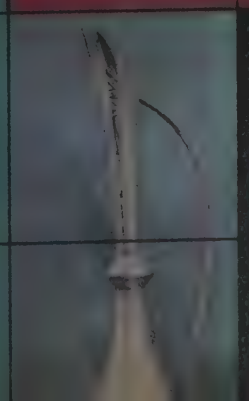
No bargaining hassles. All prices fixed at reasonable rates. Arrangements are also made for packing and forwarding of goods for out-of-country destinations.

The Auditorium holds cultural shows daily, of Indian dances and music by top professional artistes. Admission cards to the shows can be had directly from the Centre.









Craft Centre

Raheja Chambers,213 Nariman Point, Bomba

(Road opposite Sachivalaya)

ONE MORE DOWN THE DRAIN

Thrity Umrigar

MONEY! GOD, HOW I WANTED IT! I LONGED FOR IT TILL MY SOUL BLED AND GREW HOT INSIDE ME. I WANTED IT FOR THOSE BOOKS. I CRAVED TO PORE OVER THEIR PRECIOUS FORM ONCE AGAIN AND UNRAVEL THEIR INTRICACIES

HELL, I wouldn't give a damn about the poor being poor and the rich being rich, and the huge, yawning gap between them, if only this blasted poverty would withdraw its greedy claws off me. Because when you're poor and nothing but poor, and there is no chance of being anything but poor, then, suddenly you do give a damn and it matters, matters so much that your insides get lead-heavy with the pain and the injustice of it all.

I look around me and I know that there are millions rotting in this graveyard that is our world, the same as me, but the thought holds no comfort and the blood gushes into my head as madly as it always does. I see the rich, secure in their mansions and palaces and weep bitter tears of anger as I think of the tomb in which I have decayed all my life.

Sometimes I think, maybe if that rag I called father had not died when he did, maybe I wouldn't have left that school and maybe. . . Hell, sometimes I believe that my life is made up of nothing but tiny atoms of "maybes," that come together to form one big question mark which is me. Yes, that is me. a question mark for a name and an exclamation mark for everything else — my birth, my age, the fact that I still exist. . .

My father died when I was in the fifth standard. Perhaps died is too dramatic a word to use about the end of the kind of weakling my father was. No, my father didn't die, he merely broke down under the burden of an eternal struggle. He just dried up and crumbled, as old leaves do, leaving behind no mark that said, "I was." One day he was there and the next day he wasn't.

I used to know my father from the rattle of coins in his pocket and when he stopped, the rattle stopped too. When he died — nay, when he stopped being — that day, it was not merely a goodbye to his broken, shrunken form; it was also goodbye to school and schoolmates, goodbye to books, goodbye to the temporary ray of light that had danced in front of my darkened eyes, and goodbye to all ambition, hope and dreams. It was a farewell to all childhood innocence and beliefs.

That was it! End of part one. End of the boy that was me. End of living and the beginning of drifting and fading away.

Money; suddenly, I wanted money. God! How I wanted it! I longed for it till my soul bled and grew hot inside me. I wanted money, for I wanted those books. No, "wanted" is too commonplace a word for what I felt. You want to see a movie and you want the rain. But this, this was something else. I longed for those books, I craved to pore over their precious form once again, to unravel their intricacies and mysteries. I longed to be consumed by that pure flame of knowledge, to lay my body at the feet of the deity that is Truth and Education.

"Money is what money does," they taught us. It can't be true. For the sake of the world and for the future of mankind, it had better not be true. For, if it is, then money is a murderer and a thief, money is the frenzied restlessness in the quiet of the night, money is the cold sweat on a man's face, money is the worm that feeds on your brain and your insides, leaving you hollow.

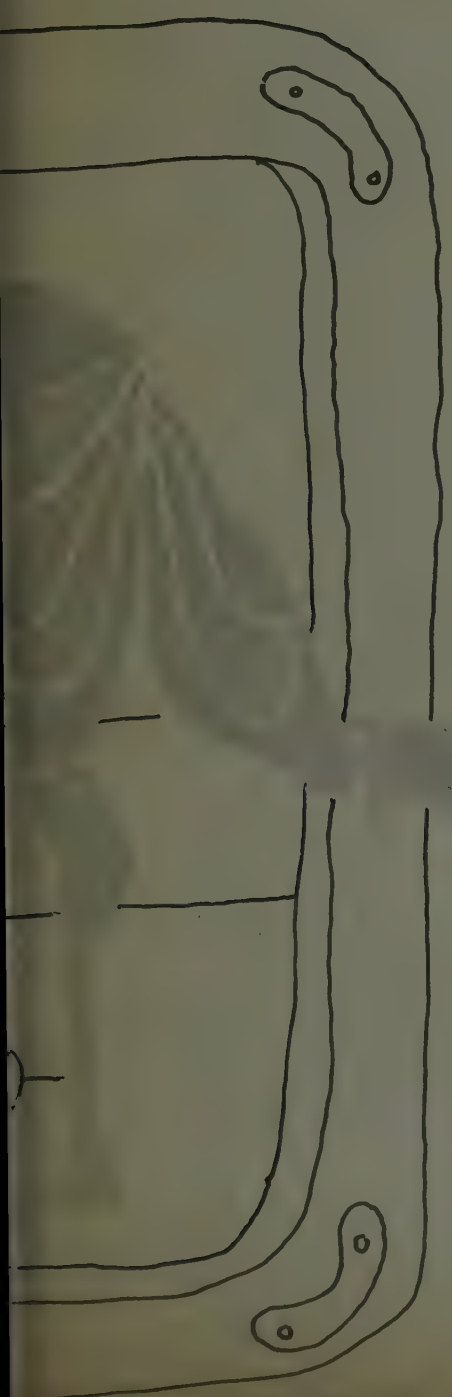
In my life, I have experienced all the conflicts and turmoils that are associated with money, but never the ecstasy of an association with that blasted object itself. Money is what money does, and what its absence does is to leave a man crippled and wanting.

At first, foolishly, naively, I believed all the filth they fed me. "The new man of the house," the neighbours said and

gripped my shoulders. And I, in the folly of my youth, swelled to the sound of their flattery and lapped up the titles they thrust upon me.

And so it began, the sweating under an uncompromising sun and the laborious pushing of an old, wooden handcart that carried the goods, that fetched the money, that made the boss rich and left me as always standing on the threshold, with no guts to cross over to the other side.

And so it began and so it ended one summer day, when the eternal noise of the eternal four-wheeled monsters and the fury of a tireless sun and the hollow pit in my stomach and the throbbing in my head, all grew so big, so infinitely big, that I collapsed in the middle of the road, a heap of rubbish, an outcast that society had shrugged off like a snake casts off its old skin.



Thus the goods were not delivered on time and the boss went purple with rage and I stood there thinking how funny it was to see him tear off his usual, complacent mask and wear a new one.

That was the last regular job I ever had. From that day onwards, I did any damn job I got my hands on and I did it well.

Sometimes I look at those stuffy slobs in their suits and cars, and experience a mixture of contempt and hatred. I look at them and see their smooth sides, upcut and unchiselled by the brutal hammer of life.

I guess I have become what they call a "toughie" and am pleased with the thought, because in this harsh, indifferent world, if you want just enough place to rest your feet, you have to fight for it. Or else, you live your life in shadows, as my father did, and one day you just blow away and nobody feels the difference.

Yes, if there is one curse I'd shy away from, it is to be half a man, like my father was, and crawl my way through the world. I have fisted my path up this crumbling ladder of life, which I know will give way any time. And yet, each time I've got into yet another fight, it has never been a fight only against the object under mutiny, but against the world, against my father, my bloated, ugly boss and against that intangible, insurmountable mass of "they" whom I could never identify or pinpoint.

Vaguely I realise that it is "they" who have destroyed me in the glory of my youth, destroyed me with their negligence and indifference. But where they dwell or why they have set me up and a few million others, as their target I will never know.

So I will wander in silent, dark streets, an outcast, a fugitive from a world that has no place for me. So will I weep scorching hot tears for the man I never became and for the puppet I am. So will I bleed for a promise called "School" that they stole away from me and for the skeleton they forced me to call Father.

So will I weep, till my tears will gush forth in mighty streams and break down their evil edifices and fortresses and wash away all despair and defeat, so that once again we will be allowed to be young, innocent and free.

Introducing

Rasna Food Flavours

A few drops change a simple dish to a special one

New Rasna Food Flavours are here! Just one drop of Rasna per serving changes an ordinary dish into an exciting one... giving it all the aroma of top-quality condiments!

New Rasna Food Flavours enhance the aroma and appetite appeal of a large variety of dishes and drinks: from pulaos and curries to kheer and pudding... from tea and coffee to sherbets and lassi. And so economical! Each pack contains 200 concentrated drops—enough for 200 servings. So you can give a special touch to every meal, every day!

Choose from a versatile range: elaichi, kesar-elaichi, clove, cinnamon, masala mix.

For greater aroma and extra appetite appeal be sure to add Rasna Food Flavours only after your food is cooked.

OBM/4475

The new buttoned-up look in a pale blue striped midi dress, sleeveless and belted, and buttoned up at the sides for a trim look. Wear it with or without a matching overcoat in pastel blue with square shoulders and pocket details.

Newest shape — a casual beige trouser and jacket over a casual shirt with an open collar for an evening a flared, checked skirt worn with a plain square-sh wrap jacket with its own tie belt, and a scarf at neck

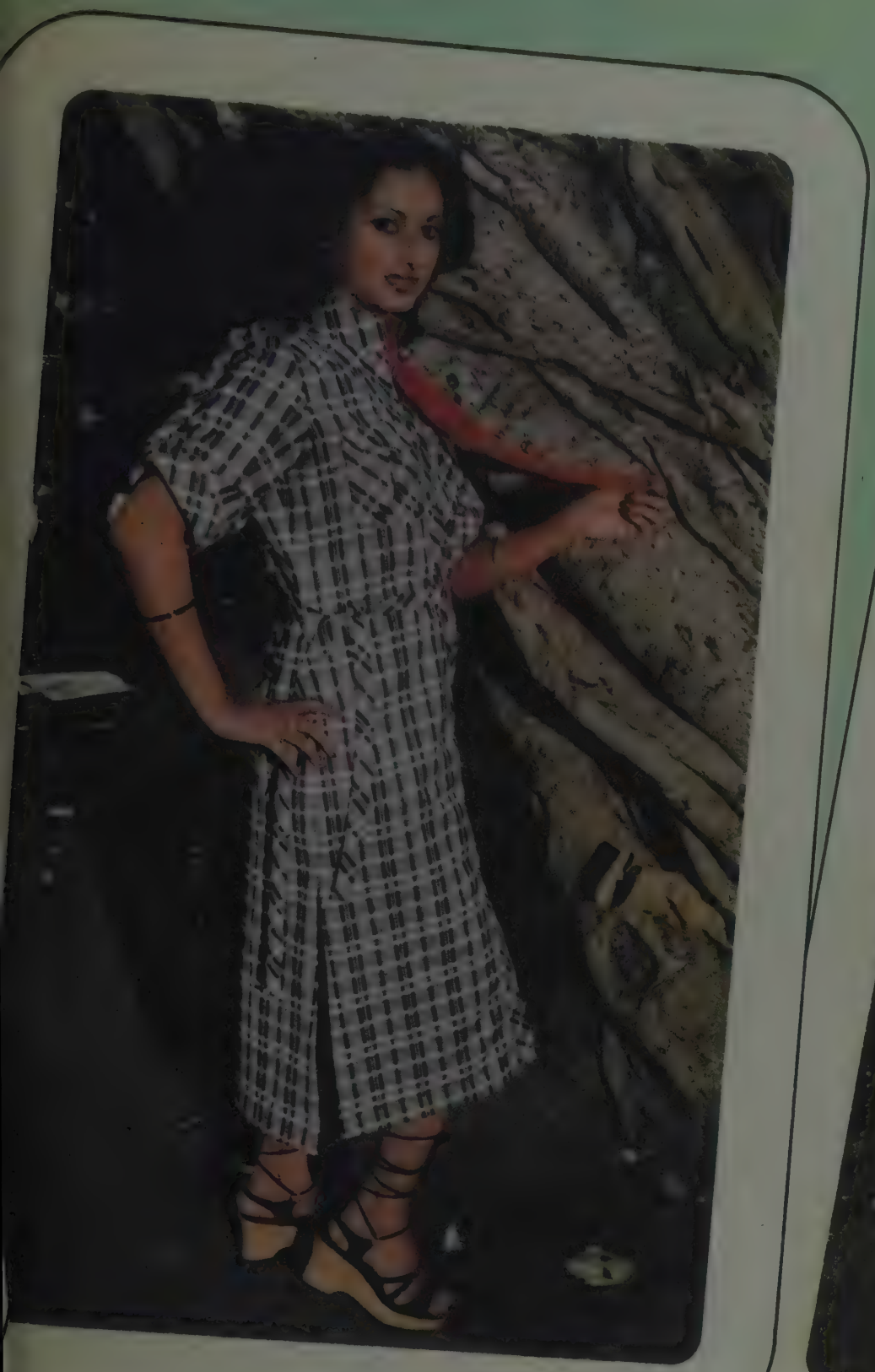
SUIT
COV

FOR COOL, WINTRY DAYS WE NEED SOMETHING WHICH WILL KEEP US SMARTLY WARM THROUGH THE DAY AND EVENING. FOR THIS DESIGNERS HAVE DREAMED UP FASCINATING STYLES IN BOLD CHECKS AND STRIKING STRIPES IN ALL-WOOL, TWEED AND

mple shirt dress in a sophisticated combination of black d red checks. Brought up to date with its own tie-up at aist and pockets at yoke. Note the new belted sleeve look!

Form-fitting houndstooth jacket with collar and pocket details worn over a plain shirt and matching plain skirt, with a buttoned centre front.

Courtesy: OCM, Amritsar



Photographs : Tayeb Badshah

able
-up!

TERENE/WOOL FABRICS. GONE ARE THE CASUAL SEPARATES, AND THERE'S SOMETHING NEW TO DRESS UP IN WITH SOPHISTICATION — SUIT, JACKET AND SKIRT ENSEMBLES. THESE ARE THE STYLES TO LIVE IT UP IN AND BE APPEALING, EXCITING AND STRIKING.

MECO-MIX

"It's like having an extra pair of hands!"

The MECO-MIX is much more than just a Mixer—It is infact a superbly designed food preparation machine.

Now in minutes you can GRIND, MIX, POWDER, MINCE and SHRED chutneys, masala powders, idli/vadai paste, ginger, corriander, turmeric, coffee, pepper, dhal, sugar, spices, fruits, nuts, chillies, meat, vegetables, milk shakes, lassi... **infact you'll never stop finding new uses for this versatile machine.**

Fitted with a powerful, high-speed motor, the MECO-MIX comes to you with TWO Jars, one SAN plastic and the other stainless steel, each fitted with the unique four-in-one blade unit which does all operations safely, quickly, economically. Moreover, it is very easy to dismantle and clean after use.

The MECO-MIX will save you hours of tedious work in your kitchen.

Dry grinding—Chillies

Wet grinding—Chutneys

Wet Grinding—Idli, Dosa, Vadai, pastes.

Shredding—Vegetables

Marketed by: **MECO-TRONICS** PRIVATE LIMITED

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ECS MT 3031

MAKE YOUR GARDEN GROW

An introduction to the art of kitchen gardening and the pleasures of growing your own vegetables – 2

THE PERFECT POT

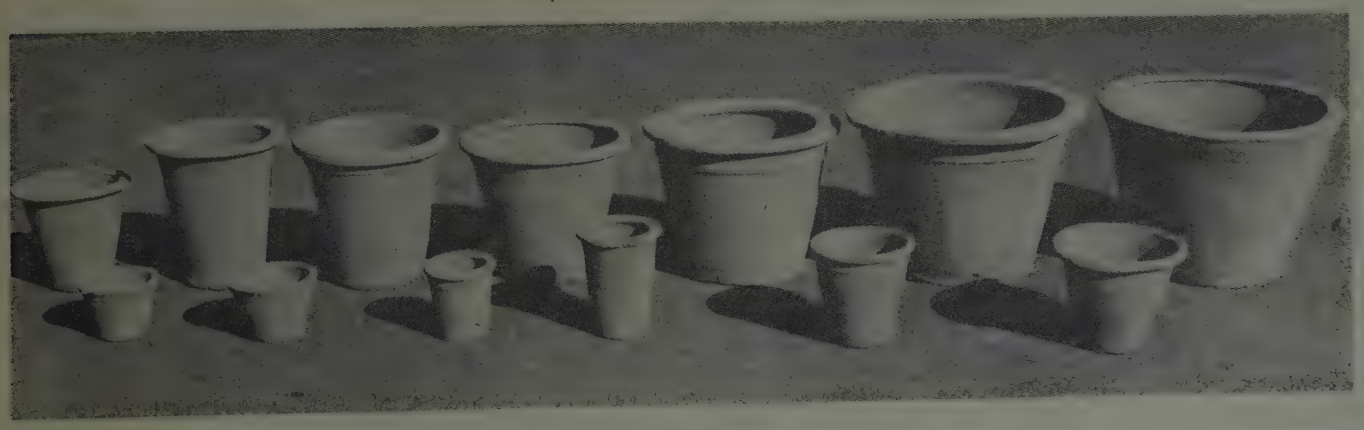
B. M. Desai

Before the terrace garden is planned, study the location of the balcony or the terrace where the garden is to be put up. Note the number of hours of direct sunlight available at different places. Most of the fruit and vegetable plants will perform better if they are grown in sunlit areas. However, leafy vegetables will perform fairly satisfactorily even if they are grown in places where there is less or even no direct sunlight.

Select a right size pot for the plants that are to be grown, also decide on the number of pots you could accommodate in the available place. Pots should not be so placed as to hinder the activities of the house. Wide parapet walls would be an ideal place for the pots. In case they are to be put on the floor they should be raised with a suitable platform of bricks or wooden blocks so that the branches of the plant come, if not above, at least upto the railing. Do not put too many pots so that the area becomes crowded and access to pots becomes difficult.

ABOVE: Square and Rectangular Pots

RIGHT: Hexagonal Pots.



Round Pots.

RIGHT: Flat Pots.

Earthen pots are available in various shapes such as round, square, hexagonal, even tub-shaped, with varying depths. Sizes available range from about 3 cm high x 8 cm at top and 5 cm at base to about 45 x 30 x 20 cms. Shallow pan type pots having 7-15 cms depth could be used for raising seedlings which are to be transplanted at a later stage. Leafy vegetables like methi or coriander which have a shallow fibrous root system could be grown very easily in such pots.

Plants like chilli, tomato, brinjal where the tap root system is long, need pots having good depth. Plants which grow about 50-60 cms above ground could be grown in medium sized, say 28 x 23 x 13 cms pots. For bigger plants bigger size pots or bigger drums having depth of 40 to 60 cms could also be used.

Round pots are normally used as they allow maximum area for the roots to develop and are also easy to handle and clean from inside and outside when required.

Various shapes and sizes of earthen pots:-

Earthen pots are ideal for growing plants. However, often decorative porcelain pots, wooden boxes, round or square tins of various sizes and drums are used for growing plants. If one decides to use boxes or tins they should preferably be of some uniform shape and size and also uniformly painted, so that they add to the beauty of the surrounding area.

Cement concrete bath-tub sort of containers or square or

Continued on page 51

WHEN BINNY BLOSSOMS...
DELIGHTFUL THINGS HAPPEN

Like eye-catching prints.
Impressive designs...
In soft, lovable fabrics
— 100% polyester,

polyester blends and
cottons. Binny blossoms
into a beautiful new world
of colour and design...

with the toughness and
quality you expect of
Binny. When Binny
blossoms ...so do you !

BINNY

A PROMISE OF BEAUTIFUL PRINTS.

CAS : BC :32 : 79

PERSONAL CHOICE

MARVELS FROM MARWAR

MRS. ALKA JHUNJHUNWALA, a young Marwari, gives us a delicious and authentic vegetarian fare of her region. The food is generally simple but for a few dishes which are elaborate, especially the sweets. Ingredients like wheat flour and gram flour are made use of in practically all the dishes — normally eaten during the winter months.

Housework keeps her occupied throughout the day, but she also manages to keep herself busy with other interests — painting, sewing, knitting and designing garments for export.

BHAFALAS

400 grams wheat flour
150 grams gram flour
2 tbsps. oil
½ tsp. turmeric
½ tbsp. salt
200 grams fresh curd

Blend water, oil and curd with wheat and gram flour. Form into a pliable dough. Make one inch thick round flat circles from this dough. Boil these in water with half teaspoon of turmeric. Remove. Bake in an oven till brown. Just before serving, dip the bhafalas in hot ghee. Serve hot.

Photograph : Taiyab Badshah

GATHE KI SABJI

150 grams gram flour
½ tsp. cummin
¼ tsp. soda
2 tbsps. oil

FOR THE CURRY:

400 grams curd
2 tbsps. oil
1½ tsp. cummin
2 tbsps. coriander powder
2 tbsps. chilli powder
1 bay leaf
½ tsp. turmeric
1 tsp. salt
Coriander leaves, chopped

Mix gram flour with cummin, soda and oil. Form into a soft dough. Make half inch diameter rolls. Boil these rolls in water till they become hard and white. Remove and cut into small pieces. Heat oil. Deep fry these pieces in oil and keep aside.
Heat the oil in a vessel. Add cummin, bay leaf, coriander and chilli powder. Stir for two minutes. Add the beaten curd and one glass of water. Keep stirring till curry reaches boiling point. Remove and add the fried gathes. Sprinkle coriander leaves. Serve hot.

MANGODI PULLAO

100 grams mangodi (available at the grocer's)
250 grams rice
½ tsp. cummin
4 cloves
1 bay leaf
2 large cardamoms
1½ tbsps. ghee

TO MAKE MANGODI:

Soak the green gram dal (moong) overnight. Grind into a paste without water. Add asafoetida and salt. Put half a teaspoon of this mixture all over a thali. Leave to dry under direct sun. Use when required.

Heat ghee. Add mangodis, cummin, cloves, cardamoms, bay leaves. Stir till mangodis turn brown. Now add the washed rice and one glass water. Cover and cook for fifteen minutes.

METHI ALU SABJI

300 grams potatoes
2 bunches fenugreek leaves
½" piece ginger
2 green chillis
½ tsp. cummin
½ tsp. chilli powder
¼ tsp. turmeric
½ tsp. salt
1½ tbsps. oil

Cut the green chillis and ginger into small pieces. Dice the potatoes. Heat oil. Add cummin, chilli, turmeric, green chillis and ginger. Now add the diced potatoes, chopped fenugreek leaves and salt. Cover and cook for ten minutes.

KAIRA SANGER SABJI

70 grams sanger (available at the grocer's)
30 grams kaira (available at the grocer's)
1 tsp. cummin
½ tsp. turmeric
1½ tsp. chilli powder
1 tsp. coriander powder
A large bay leaf
2 large green chillis, chopped
4 tbsps. oil

Soak the kaira and sanger for two hours. Heat four tablespoons oil. Add cummin, bay leaf, turmeric, coriander, chilli powder and green chillis. Stir for two minutes. Add the soaked kaira and sanger. Put in half a cup of water and cook for five minutes. Remove from fire. Serve hot. Garnish with chopped coriander leaves.

GUL GULE

100 grams wheat flour
50 grams sugar
2 tbsps. ghee
50 grams sugar
Cardamom to taste

Mix ghee and water in the wheat flour. Form into a hard dough. Make half inch diameter round balls. Deep fry on slow flame. Keep aside.

FOR THE SUGAR SYRUP:

Make a thick sugar syrup with sugar and water. Add the fried gul gule to the syrup and remove from fire. Sprinkle cardamom powder.

CHURMA LADOOS

300 grams wheat flour
150 grams powdered sugar
4 tbsps. ghee

Mix ghee and water in the flour. Form into a soft dough. Make tiny balls or muthias. Deep fry in ghee. Remove when crisp. Grind these muthias finely. Sieve in a colander. Add sugar and little ghee if required. Form into lemon sized firm ladoos.

DAL

300 grams tur dal
2 tsps. cummin
2½ tsps. chilli powder
1 tsp. turmeric
2 tbsps. oil
Bay leaves
5 cloves
2 tsps. salt

Put the dal to boil with salt and turmeric. Heat oil. Add bay leaves, cummin, cloves and chilli powder. Roast the masala in oil and add to the cooked dal. Serve hot.

DAL ROTI

250 grams wheat flour
125 grams green gram dal
Chilli powder to taste
Salt to taste
1 tsp. coriander powder
Garam masala to taste
Ghee

Soak the green gram dal overnight for nearly seven hours. Drain and grind to a paste. Add the above dry ingredients along with wheat flour. Form into a soft and pliable dough. Divide into equal number of balls. Roll out and roast on tava in little ghee till light brown.

GUAR KI SABJI

250 grams guar (runner beans)
½ tsp. turmeric
½ tsp. cummin seeds
Salt to taste
Red chilli powder to taste
1½ tsp. coriander powder
1 tsp. mango powder
A pinch of asafoetida
½ tsp. sugar
Oil

Steam or boil the vegetable. Clean and remove the threads. Break into one inch pieces. Heat oil and fry cummin, coriander, red chilli powder, sugar, turmeric and asafoetida. Add the boiled guar and stir well. Cook on slow fire. Add salt and mango powder. Cook for a few minutes. Serve hot.

DAL HALWA

270 grams sugar
230 grams ghee
250 grams green gram dal
200 grams khoya
2 cups milk
A pinch cardamom powder
½ tsp. saffron
Rose water to taste

Soak the green gram dal overnight. Drain, and grind without water. Remove and lightly fry the dal in little ghee till light brown. Add milk and cook on low flame, stirring continuously till the milk evaporates. Add khoya and blend well. Remove and leave aside. Make a sugar syrup of one thread consistency with addition of saffron dissolved in little warm milk. Put in the dal and blend well. Serve with a sprinkle of cardamom and rose water.

NEW GIFTS FOR OUR COOKERY WINNERS

The Cookery Queen for the month of March will receive, in addition to the usual cash prize of Rs. 100.00:

1) A non-stick coated Saucette from TRUPTI INDUSTRIES, Bombay and,

2) A Gift Hamper from CORN PRODUCTS containing Brown and Polson Custard Powder, Rex Jelly, Rex Baking Powder and Davis Gelatine.

RECIPES FROM OUR READERS

Mrs. Mary Kurian, Trivandrum.

HITSCHAPPIES

6 leftover chappaties
100 grams big onions
100 grams cabbage
100 grams carrots
6 capsicums
Handful of cooked prawns, chopped
3 slices cooked meat, chopped
3 tbsps. soya sauce
2 tbsps. tomato sauce
Salt to taste
1 tsp. ajinomoto
Oil

Cut the chappaties into long thin strips like noodles. Cut the onions and the vegetable lengthwise. In a dekchi, heat the oil and saute the sliced onions till golden brown. Add the cut vegetables and capsicums. Stir well. Add the soya sauce and cover the dekchi for five minutes. Let it cook on slow fire. When cooked, add the prawns and the chopped meat. Add the tomato sauce, the chappati strips, ajinomoto and stir well. Serve hot garnished with onion rings.

Mrs. Leina Sidhan, Bangalore.

PORK TOMATO VINDALOO

1 kg pork
¼ kg ripe tomatoes
100 grams cashewnuts
100 grams raisins
6-7 cloves
2" piece ginger
1 bunch coriander, chopped
2 tbsps. red chilli powder
Few curry leaves
1" cinnamon
Salt to taste
1 tsp. cummin seeds
3 tbsps. coriander seeds
1 tsp. black pepper corns
2 onions, sliced
1 pod garlic
2 tbsps. oil
1 tbsp. vinegar

Cut the pork into medium pieces, wash and keep aside. Fry all the above ingredients in two tablespoons refined oil except the cashewnuts, raisins and tomatoes. Chop the tomatoes. Now grind all the masala to a smooth paste. Heat oil in a dekchi and fry the ground masala and chopped tomatoes. Add pork pieces. Add vinegar and salt and sufficient water to cover the pieces. Pressure cook for 30 minutes. In a frying pan fry the cashewnuts and raisins in a little oil. Before serving decorate on top of the curry.

Mrs. Sandhya Pattanayak, Jamshedpur.

DRY FISH CURRY

250 grams salted dried fish (Hilsa)
2 onions, sliced
1 tbsp. mustard seeds
1 red chilli
6 green chillis
1 tsp. cummin seeds
2 tsps. turmeric powder
10 cloves garlic
2 tomatoes, chopped
½ cup thick curd
1 bunch coriander leaves, chopped
2 tbsps. mustard oil

Cut the dried fish into medium size pieces. Wash the excess salt away. Drain. Add one teaspoon turmeric powder and mix. Fry the pieces in oil and keep aside. Halve the green chillis lengthwise. Grind the mustard seeds, red chillis, cummin seeds and the garlic. Mix everything together with the fried fish, mustard oil, one teaspoon turmeric powder and the curd. Add water. Cover and cook till tender and the gravy thickens. Add the chopped coriander leaves.

WEEKLY WINNER

SANGITA RALLAN, Madras.

Miss Sangita wins Rs. 50/- for this week's best recipe plus a 9 cup Storefresh container from Trupti Industries, a gift hamper from Corn Products and P. Mittulaul Lalah and Sons, Madras.

MURG PIYAZ ROTI

1 cup milk
1½ tbsps. yeast
2 tbsps. ghee
2 tbsps. sugar
1 egg
1 tsp. salt
3½ cups flour
1 cup chopped onion
3-4 chillis, chopped
1 egg yolk
Little milk

FOR THE FILLING:
½ cup boiled chicken, shredded
1 cup chopped capsicum
½ cup chopped onion
½ cup mushrooms, cooked (optional)
1 cup tomato puree
½ cup cottage cheese
2 tbsps. oil

First scald the milk and bring it to lukewarm. Sprinkle yeast over it. Leave for four to seven minutes till frothy. Add the sugar, ghee, egg, salt, onions, chillis and gradually beat in the flour. Turn into a greased bowl. Cover with a damp cloth and leave to rise for two hours.

Heat the oil, add the capsicum, onions, chicken, cottage cheese and three fourths of the puree. Cook till three fourths done.

Roll out the dough into rectangle and spread with the remaining tomato puree. Spread the above filling. Roll up and brush with egg yolk and milk. Bake in a greased dish till golden brown. Serve with white sauce and garnish with mushrooms.

COOKERY CONTESTANTS!

Revised Contest Rules

1. Each recipe must be accompanied by this coupon.
2. The author of each selected entry will be informed in advance and requested to send a passport size photograph of herself to be published along with her recipe.
3. The recipe must be original and not copied from a cookery book, a magazine of any other published material The prize-winner shall have to sign a declaration to that effect before the announcement is made and the prize awarded.

Address your entries to the Cookery Editor, EVE'S WEEKLY, Bombay Samachar Marg, Bombay—400 023.

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ARTIST OF THE MONTH

Introducing women in the art world, whose work contributes significantly to contemporary Indian art.

FIBRE SCULPTURE

Plant and animal forms with huge trunks and plumes, trailing roots and strange protuberances, all acquire an exotic touch under the deft hands of Mrinalini Mukherjee. In fact, plants are the visibly dominant source of inspiration for Mrinalini's art. Her artistic "barsati" dwelling itself is a profusion of ferns and potted plants that grow so luxuriantly and in such great variety that the mosaic of the terrace is hidden under different hues of green.

Mrinalini's medium of art is organic fibre. She twists and knots jute, hemp, sisal, waste cotton and wool into sculptures that are arresting and quite unique.

Born in 1949, Mrinalini is the daughter of the doyen of art, Binod Behari Mukherjee, and sculptress Leela Mukherjee. The rich fare of art at home at first turned Mrinalini away from art and she actually wanted to be a doctor or chartered accountant. But the artistic strain can never be subdued for very long and so it was that she gravitated towards Fine Arts at the University of Baroda in 1970 and secured a diploma in Mural Design in 1972 under Prof. K. G. Subramanyam.

It was while she was studying Fine Arts that Mrinalini one dav stumbled on what was to become her forte. She opened out a bull strap to see how it was bound together. She mastered the simple principle of weaving and went on to create moulded tapestries of varied designs and sizes. By constant and untiring experimentation with fibres she gradually evolved a style of her own. With her imaginative and innovative works she has added to and enriched her art form, and she is perhaps the only one to do fibre sculpture here in India.

From 1977 to '78 Mrinalini spent a year in England and Europe on a British Council scholarship. In England she found that fibre sculpture was limited to a small coterie of artists whereas in Europe there were many more who had forged ahead in this field.

Mrinalini's works are mostly of plant and animal forms. Using plant fibres as raw material, it seems very fitting that she should turn to nature for inspiration. Her creations range from a three-foot plantain sapling to a forty-foot mural.

MRINALINI MUKHERJEE

The rough white and beige fibres are often dyed golden brown, purple, black and a whole gamut of greens from lime to emerald and olive — "the colours in fact of a rain washed forest." As her sculptures take on larger dimensions, she has refrained from using much of dyed fibres and has turned more towards natural shades. Whereas initially she dyed the fibres herself she now gets it done, as it is a cumbersome and laborious task.

Her first animal form was a five-foot squirrel which had carpet brushes for fur. Her later works are a combination of plant and animal — "a fibre monolith, tough, voluptuous and extravagant." There is a touch of the primitive in her works each form is a new and fantastic one.

The two works reproduced here are her latest ones and were exhibited very recently at Rabindra Bhavan, New Delhi, as part of a comprehensive collection of Indian sculptures.

Entitled Nagdevta and Devi, they fully illustrate Mrinalini's ability to effectively translate her imagination into a comprehensible visual art form. The flaring hood of the Nagdevta and the visage of the Devi are clear even to the untutored eye. As one delves deeper and observes more closely, one can discern the strength of expression, the

Continued on page 54

ABOVE: 'Devi', 1979.

RIGHT: 'Nagdevta', 1979.

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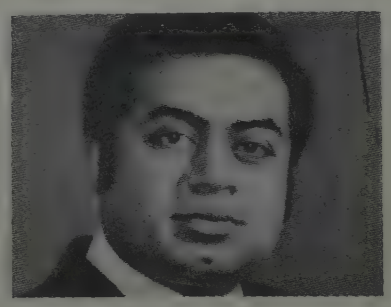

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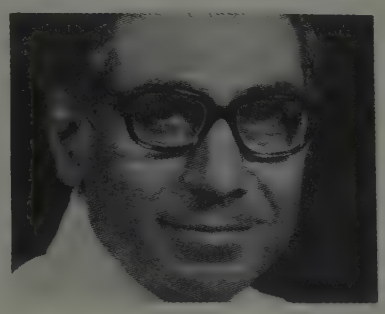

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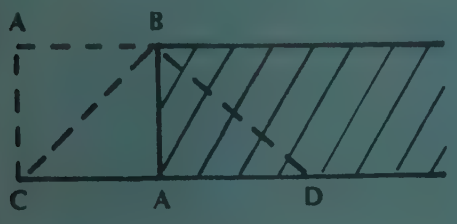
Make lovely roses from satin ribbons... handy to perk up plain outfits/decorate gift wrappings

MATERIALS:

½ metre 36 mms. and 48 mms. wide yellow satin ribbon; 15 cms. square green velvet starched on the reverse side; 1 no. 20 swg. m.s. wire, 15 cms. long; 6 no. 24 swg. m.s. wire, 8 cms. long; 2 no. 30 swg. m.s. wire, 30 cms. long; floral tape 1.2 cms. wide.

INSTRUCTIONS:

Diagram 1. Hold the ribbon from left to right reverse side facing you. Turn the left hand top corner of the ribbon and form a triangle so that the smooth side of the ribbon faces upwards.



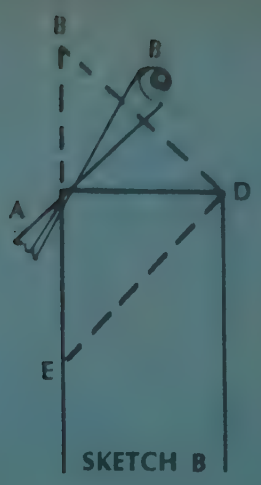
SKETCH A

Diagram 2. Holding the ribbon at point B, roll it from point C to point A to form a cone.

Diagram 3. Holding the ribbon with your left hand at point A, reverse it at point B so as to form a triangle BDA. See sketch A.

Diagram 4. Holding the ribbon at point A, fold the ribbon from point B halfway to the line BD. See sketch A.

Diagram 5. Repeat the process of triangle formation as shown in diagram 3 and 4, till the flower takes the shape of a rose, making sure that the ribbon is held firmly between forefinger and thumb at point A. The size of the rose will depend on the number of triangles formed. See sketch B. Cut the ribbon with a sharp



SKETCH B

pair of scissors and place its cut end neatly at the bottom of point A.

Diagram 6. Tie the ribbon at point A firmly with 30 no. swg m.s. wire.

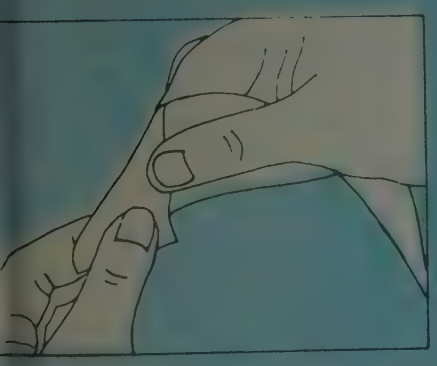
Diagram 7. Place a 20 no. swg. m.s wire at point A and tape the length of the wire with the floral tape.

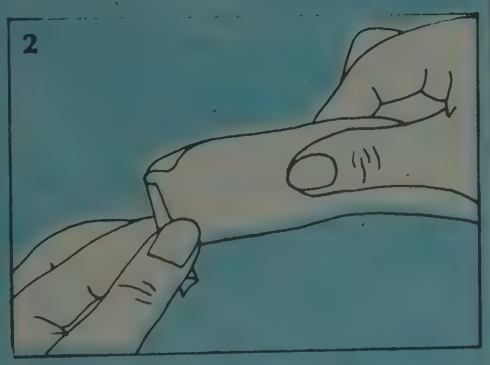
Diagram 8. Leaves may be made from green ribbon or from the velvet material (see sketch

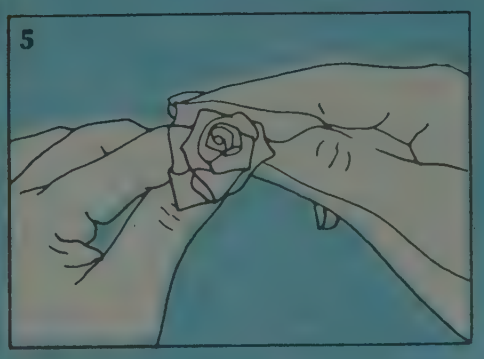
SKETCH C

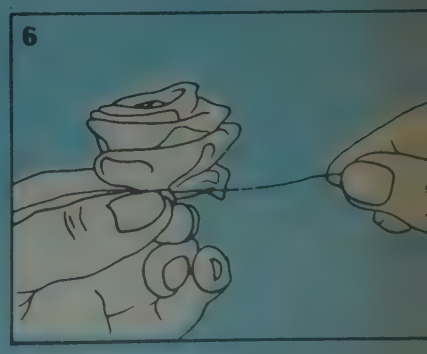
C). Stick 8 cms. long 24 swg. m.s. taped wire on the reverse side of each velvet leaf. Tape the wire end of the velvet leaves. Make three leaves — one large and two small. Place the leaves neatly behind the flower and tape the wire stem.

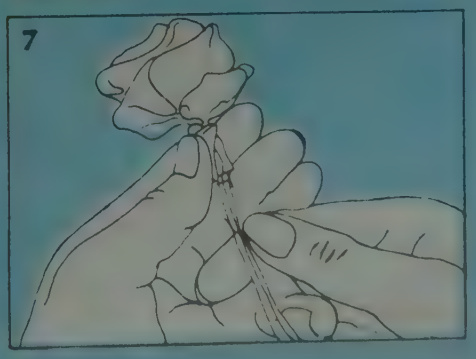
Nobuko Soft

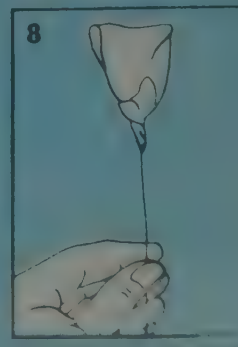












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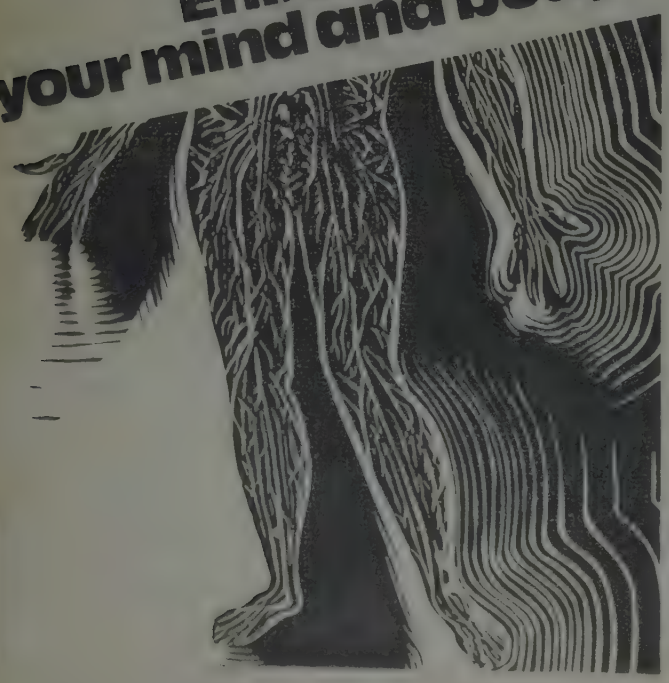

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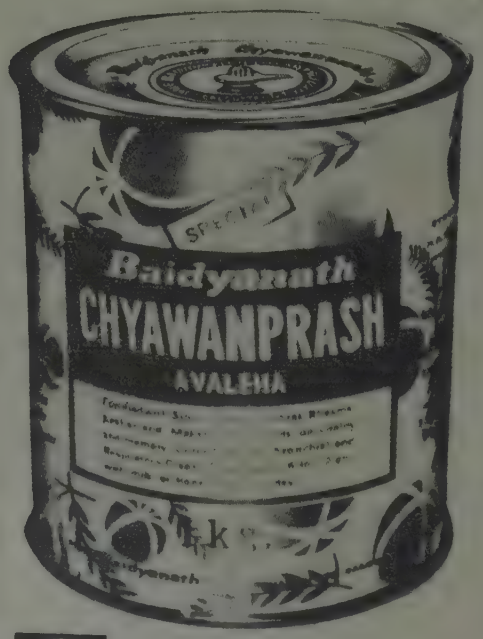

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Mona Bannerji

CHANGING...

I was just a quiet little girl, growing up in a little town in West Bengal. In those days most people had not even heard of Durgapur. My greatest fault was, according to my mother, day dreaming. That, she tried to convince me, always led to dissatisfaction and unhappiness in life. But the castles I built in the air were really nothing compared to the life I am now leading — and it never ceases to amaze me.

Life in Durgapur was centered in the Officer's Club, where two foreign movies were shown every week. (These young engineers were too high-brow to admit seeing any Indian movies, unless they happened to be made by Satyajit Ray or Mrinal Sen.) On the drive home from the Club I would try to imagine how it would be living in one of those countries shown in the movies. All I could really concentrate on were those kitchens that were brighter and better furnished than most Indian living rooms. The American living rooms were quite beyond my conception.

Then my sister went away to study at Oxford, and entered a subscription for "Woman and Home" for me. I was excited and delighted beyond words. I would show off the magazine to anybody and everybody I could corner. I would sit in the Club lounge pretending to leaf through an issue which I must have read a hundred times already.

All this lasted for a couple of months, before the interest started waning. The magazine really wasn't of much use to me. I could not cook their foods because most of the ingredients were not available where I lived; I could not follow their make-up suggestions because if I used anything more than the slightest trace of lipstick my neighbours would think me crazy and have me locked up; their interior decoration suggestions were from some other planet; their fashion pages made no sense in a family where father regulated the length of cholis; and I could not relate to the problems of the heroines of their fiction pages.

Soon I wrote my sister not to renew my subscription. The other day I faced the same dilemma in the reverse when trying to explain some subtle social customs and rituals to my teenaged son who has just started reading Sarat Chatterji's novels. He can quite see Devdas' problems as an alcoholic, but the plot of "Parinita" completely baffles him. Having grown up in the Northeastern United States he can't believe that a girl would throw away her life merely because she had once placed a garland of flowers around a man's neck.

I got married into a very conservative Brahmin family indeed, where my mother-in-law suspected everything that had anything to do with the twentieth century. The rules of the house were very strict: no laughing loudly, no talking with one's own husband, no correcting the errors of the male members of the family, even if their errors cost you your life, and never ever letting the pallu fall from your head. These were only some of the laws.

I was not treated any better or worse than any other female in the family, but coming from an enlightened, jovial, care-free family, I found this new setting unbearable. My husband was sympathetic, and we moved out into a house of our own. No difference — mother-in-law became a daily visitor and carefully supervised our life-style. She had a fit when she discovered a housecoat among my clothes. She had never seen me wear it, and it was a very modest one, ankle-length and full sleeved. No matter. Nobody but a whore wore such seductive clothes, and here was proof enough that I was corrupting her poor son. Within minutes she had torn it into shreds, and a few well-aimed slaps and punches had landed on me as well.

Today when I work in the garden in my shorts, on warm summer days, a sudden shiver passes through me every time I remember that scene. At other times, cavorting on the beach in a bikini my eyes land on some elderly lady somewhat resembling my mother-in-law, and a strange lethargy sets in.

Another day, I remember, she unexpectedly dropped by on a Sunday afternoon and found her son in the kitchen with me. We were laughing over something and had not noticed her enter. Once her hysterics were over we learned that well-brought-up men never enter a kitchen.

Now when I have to work late some nights, or am out of town on business, my husband not only has to visit the kitchen, but also prepare the family meals. He teases me about how his mother would not approve, and I try to justify the arrangement by showing how compared to my Indian kitchen this one is almost like a chemistry lab. Our son,

Continued on page 45

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TINA MUNIM:

NO MORE TANTRUMS

A. T. Jayanthi

Her outlook on life has changed. She has stopped being short-tempered and moody. Confidently she declares that her films in 1980 will speak in her defence

Watching Tina on the sets of "Man Pasand" in a song sequence, it hit me that she had finally taken the turn from an amateurish bad actress to a professional, talented star. Far from being blind to her limitations, Tina admits her shortcomings. She rushed, greeted and whispered, "I'm trying hard not to be as bad as I was in 'Baton Baton Mein'," and rushed back to the summons of dance director Oscar, listened to his directions attentively, totally involved in her role. It was the same girl who had kept giggling hysterically when she was shooting for her first ever song sequence in "Des Pardes", and kept wailing all through, "How was I to know I'd be doing the very things that I ridiculed?"

"Since my debut in 'Des Pardes'", Tina said, "I've matured a lot. I've changed for the better. I think it's because I have been able to digest my fame. My outlook on life has changed now. I've stopped being short tempered. I've become very confident about myself. I've improved a lot, so don't you dare give me that disbelieving look," she finished triumphantly.

That's Tina — a girl of many moods. Chirpy and bubbly one moment, serious the next; and right enough, with a mercurial change of mood, she declared petulantly, "Life is getting so monotonous in this film world. I'm tired of it. I wish there was something exciting happening.

"I don't plan to stay long, just another four or five years. I want to quit before I'm thrown out by the industry or before, like some of my colleagues in the industry say, facing the neon lights turns into a compulsive habit.

"Life's not work, work and work. I am career conscious, but I'm definitely not ambitious. I don't want to be No. 1 or something. I'd like to do a little work and be remembered for it — that's the way I want to conduct my career. I don't care to be likened to some legendary figure like Madhubala or Meena Kumari. Even if I'm a bad actress I'd rather be known as Tina Munim the bad actress.

"Everyone is under the impression that I'm not doing very well for myself in the industry." Then grinning gleefully she muttered, "I'm just not saying anything because my films will speak in my defence. Watch out now, 1980 is here. I'll be having five to six releases and in each film I'm playing a totally different character. In 'Rocky' I play an arrogant girl," she added smiling happily.

I promptly queried, "How's Sanjay and how do his parents react to your friendship?" Tina rounded on me fiercely demanding, "Why should his parents object, it's a healthy relationship and I think it's normal for a boy to take a girl dating, disco dancing, so naturally Sanju's parents don't object. I've known Sanju now for the past five or six years."

Not just Sanjay, Tina vibes well with all her co-stars but says Tina, "I've known Sanju better than the others. I've no inhibitions when I'm with him."

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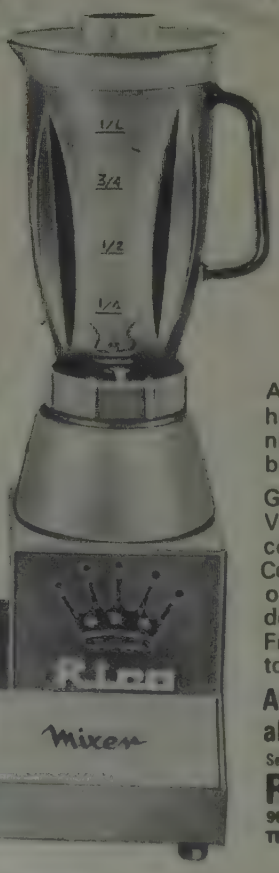

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44

CHANGING. . .

Continued from page 41

who is not haunted by any such guilt, is turning out to be the real gourmet cook of the family, and his idea of relaxation on a Sunday afternoon is pottering around in the kitchen. I know he thinks me crazy, but I have him under strict injunctions not to discuss his most ungentlemanly hobby with his grandmother. The ghosts of our past never leave us.

When I was teetering on the verge of insanity, my husband decided that the solution lay in my continuing with my education. That would keep me and his mother out of each other's hair. My own parents were not too happy with this solution, because they had seen too many cases where an over-educated wife is the cause of family problems. Nevertheless I went ahead and got my Master's degree, followed by a certificate in journalism. After that I started teaching at the local school.

Sitting behind my huge desk in my executive office today I reminisce about those days spent behind a rickety wooden table, or sipping endless cups of tea in an evil smelling teachers' lounge. And believe it or not, a pleasant nostalgia creeps over me!

In those days I did not have to read up on and device strategies on how to impress my bosses in order to get ahead. Did not have to worry about my appearance, and lay out vast sums on appropriate clothes for every situation. I put in my five hours a day, and as soon as I boarded the rikshaw in the afternoon I could afford to forget all about the school and be my own person. During free periods I was genuinely relaxed as I discussed eye shadow, politics, or the latest town scandal with my fellow teachers.

Sitting there with our hair coiled in tight little knots, and a huge red bindi on our well-scrubbed faces, we were quite convinced that women who painted their eyelids blue and green must surely have loose morals. I still don't use blue or green shades, but if asked to go out without my discreet grey, brown, or plum eye shadow I would feel somewhat naked.

In the late 1960's there was a sudden deluge of competent young men out of our town. They were all beating a track to America, the land of all promise. My husband too joined the rush, and though heartbroken, I followed like a dutiful Indian wife. My first job in this country was ironically enough, in Public Relations. There my boss taught me that in order to communicate successfully, whether at the corporate, or at a more personal level, I would have to learn to make eye contact. It is only when a person is guilty and afraid that they keep their eyes lowered to the ground like I did. He was such a good teacher that the next time I visited India I decided to make eye contact with my mother-in-law. Almost had my eyes pulled out, and have still not heard the last of it.

Time was when seeing a man and a woman talking to each other would send all sorts of ideas rushing through my head. Being in love meant dreaming of each other. And living together was something in Hindi movies, always ending in persecution. The couple would invariably be hounded out of town, their house burned down, and their families ostracized by the community. I have come a long way since then, and would sincerely advise any young coule to live together for a while before plugging into marriage. It can save much on heartache, and legal fees later on. Of course, that advice would only be to young people this side of the Atlantic.

Now as I race madly against the clock, and consider myself lucky if I can manage to get seven hours' sleep at night, I try to think back on the days when boredom would set in, and I wouldn't know what to do with myself for days on end. I flip through the album and the photographs of the shy, sheltered little girl that smile up at me seem to be those of a stranger. Life sure plays neat tricks on people!

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HYSTERECTOMY

Continued from page 17

some apprehension over the trouble I have with my allergies. However, all went well and I had a feeling of great freedom after it. But I have become very sensitive and highly-strung. I relate it to the after effects of hysterectomy. I've lost my emotional balance. The doctor has advised me to have two hours to myself every day away from home and I make time for myself by going for walks, during my work hours and through chats with close friends. It definitely helps to recycle the system."

She then spoke of the most gruelling aspect of that period for her. "Some people constantly passed snide remarks about my now being free to have a fling, which upset me and my husband very much because they were part of the family who gave me the greatest moral support. I have a close circle of men and women friends. The idea that our companionship could give the wrong idea to people at such a trying time upset me very much." Questioned about this case, the doctors said that bilateral removal of ovaries at the comparatively early age of 40 could bring about some emotional imbalance. This could be corrected by oral administration of oestrogen after the operation.

More and more women are availing themselves of the facilities available to relieve themselves of discomforts that originated in their pelvic organs. Therefore the incidence of hysterectomy may have risen in recent times, according to Dr. Soonawala, due to "better diagnostic facilities, the progress made in anaesthesiology, surgical techniques and post-operative care without which women previously considered this operation a high risk." However, for any woman the uterus is not an organ to be discarded lightly. A medical journal states that "the very knowledge that she is normal and potentially fertile, and the recurrent evidence of these by way of menstruation are pyschologically if not physically important, both to the woman and her husband." Even if not all women would agree with this, certainly the indication for hysterectomy must in all cases be clearly defined and should be one for which more conservative treatment is not likely to be efficacious.

YOUNG VIEWPOINT

A forum for young people to express their opinions, share news about their activities and get to know more about each other

RITAMANJARI BHUYAN

'RAGAS' ON THE VIOLIN

Rita showed an early interest in music and started taking piano lessons when she was barely four. Three years later, inspired by Yehudi Menuhin, she switched over to the violin.

In 1970 Rita went to Calcutta to study and there she was introduced to Dr. Rosellini, a professional Italian violinist. She also joined a music circle of teenagers some of whom were associated with a symphony orchestra.

Her inborn talent and hard work have made her an expert interpreter of Beethoven, Mozart and Schubert. While in Calcutta she saw a performance of the famous Kathak dancer Roshan Kumari. At the dancer's suggestion she took up classical dancing.

In 1975 Rita moved to Delhi and studied Indian "ragas" on the violin. She also became a pupil of Guru Prakash Chand of the gharana of Acharya Kundanlalji of the Bharativa Kala Kendra.

Rita is now a veteran performer. She has given dance and music recitals and participated in regional film festivals. She emerged as a talented stage actress in the Hindi drama "Jalte Chaman". In 1976 she returned to her home town Gauhati, and joined Mr. Lokenath Shuba's Western Instrumental group. She has performed several orchestra pieces over AIR.

She is presently acting in an Assamese film, "Akon". Just in her Matric, this prodigy is indeed versatile.

B. N. Dutta Baruah

SEETHA CHINNAPPA

A QUEEN'S GUIDE

Sixteen-year-old Seetha Chinnappa is the recipient of the coveted Queen's Guide Award.

A resident of Hampton, England, Girl Guide Seetha attends Rectory school and has been with the First Molesey Company for about four years. She is immensely interested in languages and knows French, German, Russian and English. She intends specialising in Science and one of the languages at the University.

Among the many badges that Seetha took to qualify for her award was one in public speaking in which she won a competition in Richmond and another as an interpreter. Considering that Seetha has been in England just for five years now, her achievement is indeed praiseworthy.

EARLY ACHIEVERS

AARTI JOBANPUTRA

A CHAMPION AT CARROM

Aarti Manohar Jobanputra is a sweet little girl, who, at the age of 11, is a carrom prodigy. You see her playing hop-scotch dancing, doing well in class, but you get the surprise of your life when you see her sit down at a carrom board. She is the National Junior and Sub-Junior champion.

Aarti comes from Hyderabad. She is studying in the VIth class of the Gujarati school in Secunderabad. In 1975 she went along with her uncle to watch a carrom game at the local Y.W.C.A. She was interested and, receiving encouragement from her father and uncle, she began to play the game at home. She became so adept that she played carrom all the time — and won!

She won her State spurs in 1975 and participated in the Madras nationals. In Bombay too she did exceedingly well. In the first Junior National championship in Goa in 1977, she won the sub-junior title and along with her sister Sujatha, helped Andhra Pradesh achieve victory. Her coach, B.K. Harinath, secretary of the Hyderabad Carrom Association, says, "She has superb ability and she masters tricky shots with amazing ease."

The most striking thing about Aarti is her unorthodox approach and her total dedication. Unlike most players she keeps her first finger in the air. Her coach does not want her to change her style and feels that it is always better to perfect your own style than to try and copy others.

Aarti wants to blossom into a woman's champion also and win national and international titles. And judging from what she has achieved, it appears that Aarti will go a long long way.

Bilkiz Alladin

ANITA UDAIKUMAR

HUMMING TUNES AT TWO

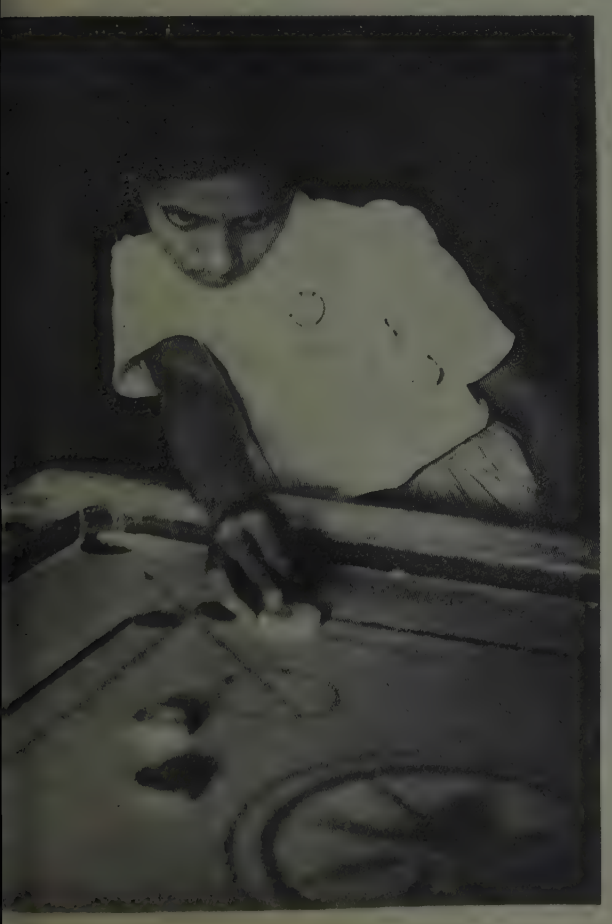
It was the "Yesudas Nite" at the University Centenary Hall. As usual, the audience sat spellbound through the performance. Half way through, Yesudas called on any one person from the audience to participate in the singing. After moments of shy silence, a pint sized little girl skipped on to the stage in a flouncy white frock and sang "Rajnigandha", the song from the film of the same name. The child was only eight years old. Exactly sixty-two days after this incident, Yesudas surprised everyone by taking the little girl, Anita, with him for the recording of the title song for the Malayalam film "Anubhav". There was no looking back after this, and little Anita began to accompany Yesudas for his programmes at Madras, Bangalore and Ooty.

Now thirteen, Anita describes herself as being serious in her studies, and her concentration and air of confidence are almost adult-like. She has been staging her own shows which are carefully managed for her by her competent mother. Anita's first Tamil song was "Dear Uncle", for "Uravadum Nenjam" with Malaysia Vasudevan followed by another number for "Avar Enekke Sondham". Columbia has recorded two of Anita's songs (non-film ones), Aalangatil and Athimaram.

This versatile child's talents lie in another field as well — dancing. Anita is a pupil of the Hema Malini dance school in Madras. Her arangetram, when she was only eight years old, received excellent reviews in the papers. She has also compered several children's programmes on T.V.

Anita's mother firmly believes that basic education is a must. So being a child prodigy Anita has to cope with a strenuous routine, as compared to other children. "Anita was humming tunes when she was only two, and singing a full Hindi song at four and a half! We decided straightway that we should encourage her in developing her inborn talents," says her mother.

Amrapali



SOMA DUTTA

AIMING HIGH

Ten year-old Soma Dutta is the youngest member of the West Bengal State Rifle Association, Calcutta. Recently, she created a stir by winning five gold medals and two trophies at the National Rifle Shooting Championship competition in Coimbatore.

Bright-eyed, soft-spoken Soma took to rifle shooting at the tender age of five. She received her coaching from Mr. Biswapriya Chakravarty at the Rifle Club. When she was seven, the club sponsored her for the National Championship at Madras where she came second. At the All-India Championship at Ahmedabad in 1978, she bagged the championship in the sub-junior group and a silver medal in the junior event.

A student of St. Teresa's, Calcutta, Soma has also an avid interest in magic. Her other hobbies include Indian dancing, swimming, singing and riding.

Soma's achievement in rifle shooting has come to stay and she will continue to represent West Bengal in future championships. Here indeed is Olympic potential, should she stick to her guns, literally and figuratively.

Tapati Mookerji

A MEDLEY OF MELODY

CHILDREN AND

A stubby crayon is often a child's first means of conveying his or her thoughts and feelings, and painting and music should be encouraged for the imaginative stimulation they can provide

Music, like many other fine art forms, has a meaning for children from the very early years. Childhood is a period in which the child lives in a strange world of his own amidst the realities of the adult society.

The five senses and the different centres of the brain develop through the years, and so for the child, the interpretation of his experiences are half real, half imaginary. Perhaps this is the reason why a child is able to relate himself, express his feelings or appreciate paintings, music, dance. The audio-visual forms have a direct appeal to the senses, they can be appreciated without being understood through words, ideas or concepts.

Yet, the availability of these art forms for children, especially in a country like India, is totally inadequate. In a society where even nourishment and necessary medical care for children are denied to a large number of them, in a country in which the adults think of activities related to children only during the International Year of the Child as ordained by the powers that be, to write about the various art forms in the children's sphere become almost banal, for very little has been done in these spheres.

Music is not a necessity of life, like bread and butter; so it is believed, but imagination which is one of the vital faculties of man, is developed by the arts. I remember visiting a glass factory in Sweden, where all the master cutters had head phone on, listening to music while they worked.

A sense of music and rhythm creates poise in a child, a graceful personality. Singing modulates the voice and develops a pleasant tone of speech. Music is a palliative, especially for young minds. Young children, especially those who are handicapped or mentally retarded, are very sensitive to music.

In ancient times, music was a part of the life of the people, especially in the rural areas, and so it was with the children, too. The mothers sang lullabies to the young ones, and several of the children's games were set to rhythmic songs. Even in a simple game of phoogadi (going round in a circle with a partner) there are a variety of songs.

Unfortunately, in modern society, especially in the urban areas, children are fed on film songs all the way. The parents look on the performance of a three year-old singing "Hum, tum ek kamre mein bandh ho", with fond pride. Their joy knows no bounds if the child, in addition to the singing, sways the hips and waves the hands, in a movement of innocent obscenity.

There are many efforts on the part of several schools to make music classess interesting. In Gujarat, Mr. Gijubhai Badheka was one of the pioneers of poems for children. Mr. C.C. Mehta one of the litterateurs of Gujarat, has written several poems for children, and so has a well known poet, Mr. Suresh Dalal. Several of these poems, and those of Mr. Indubhai Parekh, Hiraben Pandya, Mr. Jamubhai Dani and others are used as songs in schools.

In Marathi too there are well-known poets who have written songs for children, such as Mr. Mangesh Padgaonkar, Mr. Raja Mangal Bedekar, Mr. G. D. Madgulkar and Shanta Shelke. Mr. Yeshwant Deo is a well-known music director who writes songs for children as well.

In English schools some of the music teachers write their own lyrics for children's songs. One of the imaginative teachers who has been teaching in a large number of schools for the past ten years is Mrs. Roshan Treasurywala. She finds that the children no longer like the traditional English songs that were taught in schools a decade ago.

Children like songs which relate to their own experiences. I prefer to write my own songs and dramatise them. The younger children like catchy tunes, which they can pick up easily: I dramatise some of the songs because the children like that. Even the older children prefer to enact a song rather than merely sing it.

Roshan also often composes music for the children's T. V. programme, Magic Lamp. Some of these are enactment of folk tales through songs and music.

The most creative presentation of Roshan was the kitchenette band, in which the children played on kitchen utensils to create music.

Record companies like H.M.V. have used folk tales as a media for songs and music. Their first disc for children is based on two folk tales. H.M.V. is planning to do a record on the children's songs written by Mrs. Balraj Sahni.

Commercial companies like H.M.V. have to face an important problem. They can bring out one or two records for children in a year but not more because the market for them is limited because mostly educational institutions may buy these records, the parents usually prefer to buy records for their own enjoyment.

However, if a market for children's music is to be created, a large number of records must be released and the India Book House has started on this. Mr. H.G. Mirchandani of I.B.H. (of the Amar Chitra Katha fame) feels that "the future belongs to children. We have been so far providing reading material for children. But in the years to come the audio medium is also going to become popular. We are releasing Amar Nad records as well well as cassettes for children. Some of the stories are based on the tales which have already been published in our series of classics."

So far I.B.H. has made four cassettes, each containing four stories. Each story is of 15 minutes' duration. The cassettes have been made in Hindi and English and will soon be followed in other launguages. If a tape proves defective, I.B.H. replaces it.

This is the only instance of highly positive thinking in the field of children's music. The world of children can become more rich if a greater number of creative musicians and writers come forward to contribute their work for these projects.

So, far none of the media — the theatre, records, television or films — has been able to popularise children's songs in a wider perspective.

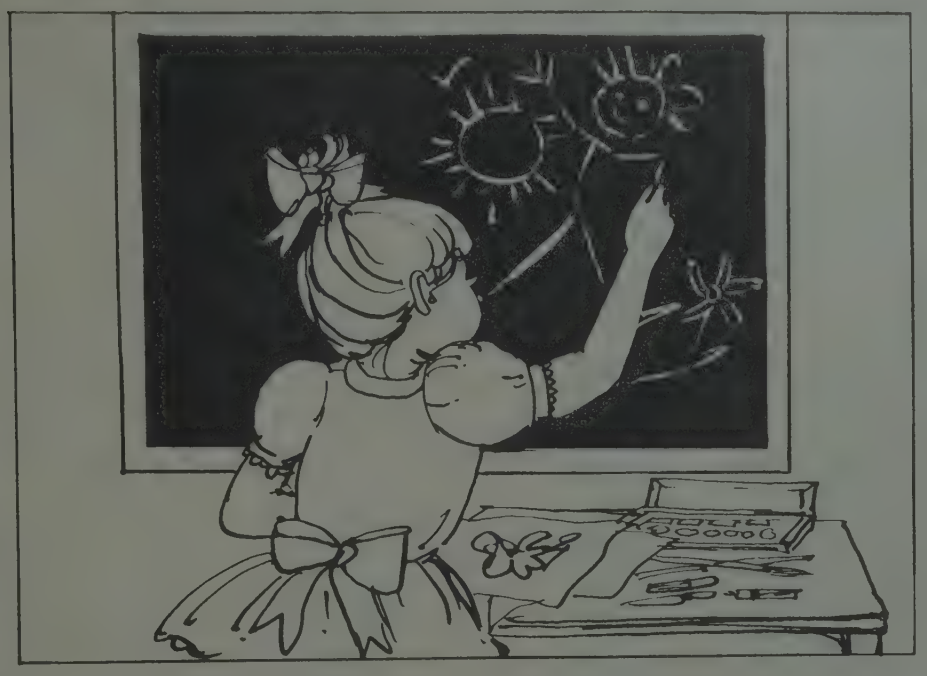
Magazines and newspapers can help to bring books and records for children to the notice of readers. Sometimes it is ignorance of the material which is available which narrows the field of buyers. There are columns in several journals which review books and music discs for adults, but none for children. There must be a continuous build up of the child welfare programme in all its aspects over a period of years.

The mind of the child is qualitatively different from that of the adult. It must be exposed to forms of art that are different from the forms which appeal to adults. Only then will the imagination of the child be aroused and developed — and future artistes, scientists and visionaries will emerge.

Saraswati Swaminathan

THE CREATIVE EXPERIENCE

SAYING IT WITH PICTURES



The teacher asked the child, who was busy painting long green strokes, if it was a jungle of green trees. "No," was the reply. "It is a jungle of legs." This is a creative expression through art. The child is using art to represent a personal reaction to an experience of seeing long legs all around him — at least those which meet him at his eye level. But why choose art as his medium of expression? Perhaps it is necessary to begin from the beginning.

The child begins to express himself from birth. At first it is just to make the world around (chiefly his mother) aware of his needs, so that they can be satisfied — like hunger, thirst, freedom from discomfort, etc, and he expresses himself mainly by crying. As the child grows older, his needs vary and multiply and so do his modes of expression. There comes a stage when a state of feelings becomes differentiated into feelings and moods. Feelings are more concrete and concentrated whereas moods are diffused and vague.

The diffused nature of a mood gives rise to a very positive need for expression — the need to define what is indefinite. This is free expression — where it is not designed to secure the satisfaction of an immediate need. It is at this stage that children begin to play — a pleasurable activity that is an end in itself and free from conflict and stress. By the age of two, children begin to use symbols (mainly language) to express themselves. This gives rise to symbolic games, i.e. games of pretence or make-believe.

It is believed that art is an important visual language that is used by children at play. Children use art — drawing and painting — to express their thoughts, ideas, emotions and feelings, as an end in itself. These follow a definite pattern, starting from early scribbling attempts.

The child cannot begin scribbling until he can grasp a crayon and move it to and fro over paper. With practice these random movements become more organized and controlled, because the finer muscles of the fingers, and eye-hand coordination have matured, partly aided by the exercise of scribbling. Soon, mental imagery of the child steps in to define and identify the scribblings. The child is building a link between his movements and the world around. He is using the drawing to represent what he is thinking — an important step in the development of intelligence and thought.

Around the age of four, there is a shift from mere symbolic representation by way of language to a conscious attempt to draw the pictures as he really imagines them to be. Formation of concepts is therefore speeded up. At this age, children begin to draw the human figure in relation to the enviornment. This relationship with the environment becomes more pronounced in the drawings as the child moves away from egocentric thought.

All children display the desire for pictorial creations: Drawings on walls, doors, pavements, finger tracings in sand are all visible proofs. When drawing or painting, the child is answerable only to himself — a rare experience at his age. When he picks up a crayon it is he who decides what to draw, how to draw it and which colour to use. The painting is his interpretation of an experience — such is the personal nature of art. Painting or drawing therefore allows him the satisfaction of responding to situations in life that so often remain hidden and unexpressed.

Mrs. Krishnaswamy, a specialist in education of special children, feels that art should be a very necessary and important part of the study curriculum of a child. According to her, art sublimates feelings and therefore has a relaxing effect. This therapeutic value of art has long been recognised and used by noted psychologists like Anna Freud with children who were emotionally disturbed.

Although treatment through art therapy has never been highly remommended, it can be integrated with other types of therapy to bring about an effective change. In art therapy all aspects are considered — colour, size, shape, etc. Children who feel themselves inferior to others are likely to draw small figures; and passive-submissive children are more likely to choose dull colours than bright ones. Therefore, by looking at the drawings one can understand the problems the child is facing — not any hasty conclusion, but by relating all his manupulative, expressive behaviour to stages of development. Since drawing and painting are expressions of feelings, they are excellent clues for judging progress. From chaos and confusion in the drawings, slowly emerge organized, well related figures with sensible use of space and colour appropriate for the age.

There is great psychological complexity in children's drawings because their drawings side-track from experience as it is. Children draw things as they remember them or as they would like them to be and are totally uninterested in perspective, proportion or relationship.

With the advent of formal instructions received in drawing at school, originality declines and is replaced by stereotypes. The art teacher is therefore a decisive element in helping the child retain his capacity to create and to benefit from his art experiences. Unfortunately, art is not given its rightful place in the school curriculum, the usual reasons being no room, equipment, good teachers or simply that it is a waste of time. If there are art lessons at all, most often the children are forced to draw the same events year after year — Holi, kiteflying day, a rainy day, etc. In an attempt to structure their responses, we kill their creativity.

But a surprising link has been set up between art and learning which has its roots in the physiology of the the human brain. According to a widely accepted theory, the left hemisphere is the seat of analysis and sequential learning, including verbal and mathematical skills, while the right hemisphere is superior in visual-spatial relations. Says Robert Masters, a scientist, in the Foundation for Mind Research, "If present thinking is correct that arts come out of the right or visual side, you are obviously damaging the brain if you don't cultivate that side as well as the analytical side."

Bearing this in mind, parents and teachers should cultivate or teach art expression in an imaginative and stimulating manner, always remembering the individual differences in children. By scolding a child who is unable to reproduce a given model, the teacher or parent is only causing disinterest and even hatred towards drawing.

Each child should be allowed to progress at his own pace and instruction given only when the child is ready for it. Parental encouragement should only go as far as providing the materials and motivate them to draw or paint but not trying to criticize, correct or even interpret the child's work. Mr. Shakti Maira, a well-known painter, looked at his son's painting and tried to explain it. The boy said, "But it is a picture, papa. You have to look at it."

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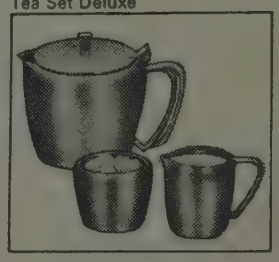

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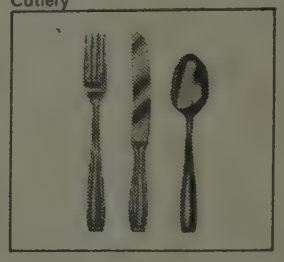

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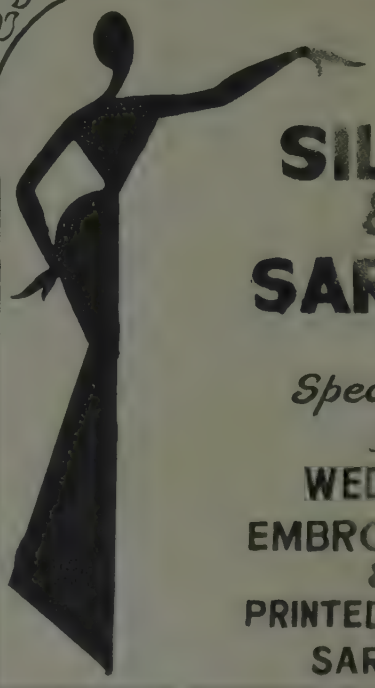

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THE PERFECT POT

Continued from page 31

angular beds 30 to 40 cms deep of suitable length and breath could be constructed as permanent structures in terraces using one side of the terrace wall as part of the bed. Necessary drainage holes at the bottom or on the sides should be provided in these.

The life of an earthen pot may vary from 4 to 6 years and its price from Rs. 3 to 8 according to size. While purchasing a pot, one should see that it is well cured, without any cracks or lumps on the inner or outer side and the surface should be smooth. There should be at least one hole at the bottom in a small pot and 2 to 3 additional side holes in bigger pots, to ensure drainage of excess water from the pot. Having decided on the shape, size, number and location of the pots, pots have to be filled with soil and manure.

POT FILLING:

Select a good pot without a crack, clean from outside and inside. If the bottom and side holes are not proper, make them round. These holes are very necessary to ensure drainage. Excess water if not drained is very harmful to the plant. The holes have to be covered properly so that the soil does not settle there and clog the holes. This is ensured by placing broken tile pieces over the hole, with their curved surface towards the bottom. Put some more pieces in the same way around the first piece. Ths will ensure that the hole is left open and the water can find its way out through the gaps. Big charcoal pieces could also be used to achieve this purpose. All the side holes also should be similarly covered.

Now put a 5-cm. layer of small pebbles, gravel and brick or pot pieces, not bigger than 1.5 to 3 cms to cover the bottom of the pot. This will ensure efficient water drainage. Above the layer of pebbles and gravel put a layer of leaf mould, if available, about 5 cms thick, if leaf mould is not available fill up the pot with the potting soil mixture prepared as follows:

Take two parts of available sieved soil free from pebbles and gravels and two parts of well cured black powdery farm yard manure (F.Y.M.), one part of red soil or river sand, one part of compost if available and mix them well. From this soil mixture, take out enough quantity to fill one medium size pot. To this mixture add 50 gm of Sulphala 15:15:15 (N.P.K.) This will make soil mixture rich in nutrients. Mix it well in the soil. The potting mixture is now ready for filling the pots. Put this mixture in the pot made ready with a layer of pebbles and leaf mould.

Fill the pot upto about 5 cms below the upper rim of the pot. Do not press the soil but shake the pot a little so that the soil gets settled. Take out stones and pebbles if any and level. Now put 2 to 3 cms layer of well sieved soil mixture and level again. The pot is now filled upto about 2 to 3 cms below the rim and is ready for sowing the seeds or for transplanting seedlings raised earlier in a seed germination pan or basket.

FRANKLY SPEAKING

Devi

CHINTU: no bangalow at cut price

When non-filmi folks residing at the Juhu-Vile Parle star colony told me that Chintu Kapoor pulls up his car in front of any attractive bungalow and insists he wants to buy it, I thought they were day dreaming because stars are not supposed to have that kind of time to go window shopping for a bungalow. One would expect Chintu to hire an estate agent or a broker. Later, when many Pali Hill folks also told me that it is a common sight to see Chintu taking random shots at any good looking bungalow, I thought may be it is the American style of instant buying. Anyway, he is honeymooning in Europe now, and has passed on his shopping to brother Dabboo and Ramesh Behl (currently acting Neetu's Mamu).

I was fast asleep on the sofa in Ranjan's house when I woke up to Dabboo Kapoor's boom boom voice. He was standing outside Goldie's preview theatre Ketna and sizing up Ranjan's bungalow. Only a wall separates Goldie's and Ranjan's houses. After my nap I was very anxious to discuss my current love with Lakshmi (Ranjan's wife). So I did not even breathe. Dabboo and Ramesh Behl went along the wall and speculated on the price. Lakshmi and I had a good laugh at what they thought was the price of the bungalow. I am sure the mango and neem trees alone, let out for ten years, would fetch a higher price. But now it is so clear why Chintu has not managed a bungalow as yet. He is haggling over the price and he must be in a real honeymoon mood to think that bungalows are made of Cadbury chocolate slabs.

Shashi Kapoor and Jennifer are again their warm selves with the press. At least at the wedding, Shashi was very warm like he always was and Shammi so delightfully human. "It is eleven years. On Republic Day we will have been married for eleven years," said Shammi to me at Chintu's wedding. So naturally he told our cameraman Sanil to click him and Neela. "This is for our private album," he said. None of the V.I.P. complexes. He asked to be photographed just like any hearty normal man would. I mean, it was just like a member of my family asking for a trifling favour (not that it was difficult for him to get photographed).

"Come, I will come over, let's have a get-together on the anniversary day," I said.

"Yes, but no hangama, no party. You know I am with my Baba, my guru. We will have bhajans, philosophy. I am no longer that Yahoo Shammi," he said.

And that is exactly why I want to go. "How do you know I have been for years where you are today? We all wear clothing and this glamour stint is my clothing, not me," I said.

PEOPLE AND EVENTS

BOMBAY

Falguni Modi, a disciple of Guru Shri Mani had her Bharata Natyam arangetram at the Tejpal auditorium. Mr. Brij Narayan, director, Sur-Singar Samsad, was the Chief Guest and Dr. Gabriel Perin presided over the function.

* * *

"Bal Kalyan Nagari", a township situated on the Poona-Bombay highway is a beautiful abode sponsored by the Government of India for the welfare of orphans and destitutes.

Children in the age group of 6 to 16 live in groups of 25 under a house mother. They go to school and they are also taught tailoring, basket weaving etc. This scheme aims to wipe out evils like delinquency, behavioural problems, child abuse etc.

* * *

Brinda Ramachandran of Bombay has been awarded a Graduate Fellowship from the Rotary Foundation of Rotary International for the year 1980-81. She is planning to study Agricultural Economics in California. Brinda is currently employed as a Junior Economist in the Economics & Statistical Research Dept. of the State Bank of India.

* * *

A novel scheme for improving the lot of school teachers in the country has been initiated for the first time by St. Joseph's High School, Wadala. A "Bonus Fund" has been created in the form of a bank deposit scheme which will help disburse additional benefits to the rather poorly paid teachers.

A fund-raising drive successfully carried out by "Sharing", the Students' Social Service Wing, backed by teachers and parents, helped collect Rs. 2.5 lakhs, of which Rs. one lakh was handed over as the first instalment to the Headmistress of the school by the famed filmstar Nutan, on behalf of the school management, at a function held at Shanmukhananda Hall.

Fr. Jos Menezes, Principal of the school, explained the significance of such a scheme and pointed out the vital role the teachers play in the development of knowledge as well as character formation of children in the school.

* * *

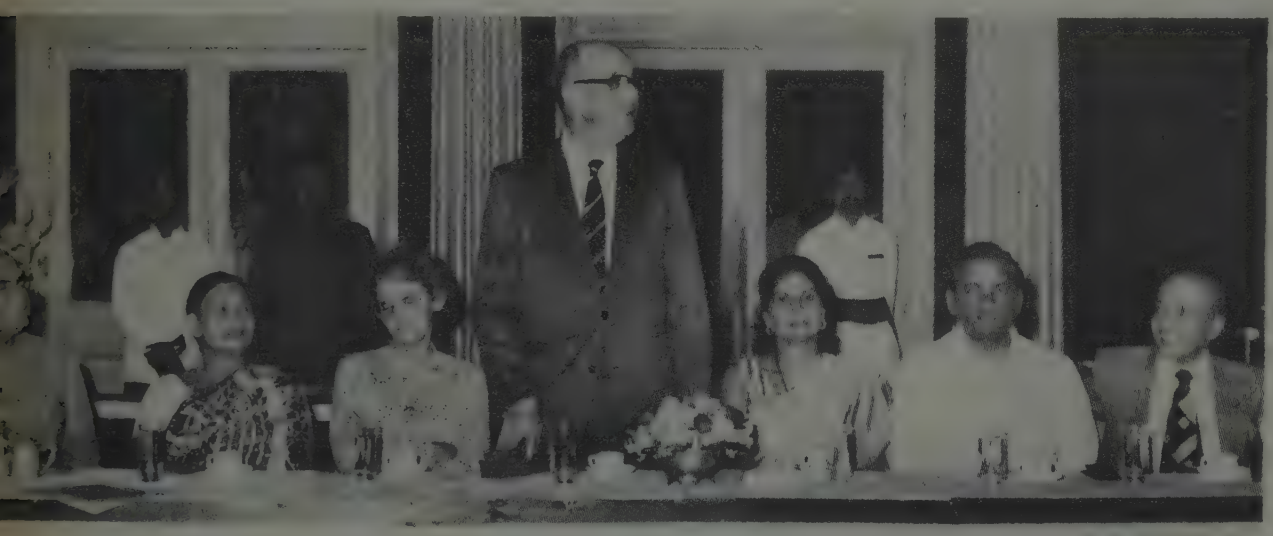
Bombay North Round Table No. 19 recently sponsored an exhibition of photographs, "India and Her Children," an International tabler's view, from the collection of Michael McCroddan of the U.K. at the Jehangir Art Gallery. Mr. Joseph L. Soares, Chief General Manager, International Divn., State Bank of India, was the Chief Guest.

* * *

The 20th Maharashtra State Art Exhibition was held by the Cultural Committee of the State Art Council at the Jehangir Art Gallery. An eminent Scholar in Visual and Performing Arts, Dr. Narayana Menon, Executive Director, National Centre for the Performing Arts, Bombay, inaugurated the exhibition. Mr. S.S. Tinaikar, Secretary, Government of Maharashtra, Education Employment and Youth Services Department, presided over the function.

* * *

The supply of LPG which constitutes the major cooking fuel to



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1. At a function held by the Bombay Custom House Agents' Association at the Taj Mahal Hotel in Bombay, are seen (from left) Mr. A. Paul Fernandes, Pres., Bombay Custom House Agents Association, Mrs. Sonavane, Lady Redford, Sir Ronald Redford, Secretary General of Customs Cooperation Council, Brussels; Mrs. A. P. Fernandes, Mr. Sonavane, Collector of Customs, Bombay, and Mr. S. Karsandas, Vice-Pres, BCHAA.

2. President Valery Giscard D'Estaing of France being welcomed by Miss Ragini Kackar, Sales Manager, and Mr. A. Siddiqi, General Manager, on his arrival at Hotel Oberoi Towers in Bombay.

3. At an exhibition of photographs by Mr. Jaywant Ullal (ext. left) at the Coomaraswamy Hall, Bombay, are seen (from left) Mr. Dilip Kumar, Sheriff of Bombay; Mrs. Nargis Dutt, Mrs. Ullal, and Mr. O. P. Ralhan.

4. Mr. S. P. Jalan greets Miss Sylla Spencer at a function held at Hotel Oberoi Towers, Bombay, to felicitate Nargis and Sylla Spencer who have returned after a successful Fashion Festival in U.A.E.

lakhs of middle class and lower income groups is totally erratic. This conclusion has been arrived at as a result of a sample survey among the consumers, conducted by the All India Gas Cylinder (House Hold) Users Association.

Addressing a press conference in Bombay Mr. Mahendra Thakker, the President of the Association, outlined some of the malpractices which had come to light during the survey. Irregular gas delivery, unsealed cylinders, improperly filled cylinders, rude dealers often resulted in extreme hardships faced by many a consumer.

The maintenance of the LPG equipment was also neglected by the dealers which was a major cause of accidents.

Suggesting some remedial measures, Mr. Thakker said that the government shoud appoint a committee to enquire into the working of the LPG distribution and the working of the consumers.

DELHI

The All India Radio Delhi, organised a concert of light music at the Mavlankar Hall. Seema Sharma's songs and Sipra Bose's ghazal were greatly appreciated. Narender Chanchal's gay rendering of Punjabi folk songs received tremendous applause.

CALCUTTA

"Abhinandan Sandhya", an evening dedicated to felicitating six leading disc stars, was arranged by the Gramophone Company of India Ltd. at Rabindra Sadan. The six outstanding artistes were Suchitra Mitra, Kanika Bandopadhyay, Sandhya Mukhopadhyay, Manna Dey, Hemanta Mukhopadhyay and Bhupen Hazarika. Mr. V. K. Dubey, General Manager, of the Gramophone Co. paid glowing tributes to the artistes, and Mr. Anil Sud, Managing Director of the Company, presented gold discs to them to commemorate their musical careers with HMV and their outstanding contribution to Indian music, here and abroad.

* * *

The Children's Festival, organised by Rabindra Sadan presented several items, among which the live puppet show by Rabindra Parishad, Telco, Jamshedpur, was outstanding. The masks were designed by Deepa Chowdhury and the composition, "Jatau Badh" was composed and directed by Sukdeb Mukherjee. "Red Shoes", an adaptation from Hans Anderson was also effectively performed by the children.

* * *

The Indo-American Society sponsored Shukla Dutt's exhibition of hand-painted greeting cards, gift-tags, embroidered albums and articles made from waste material like old children's shoes. The cards displayed were in water colours and dry brush paintings with imaginative messages to greet friends on all occasions. Specially attractive were the Japanese motif cards and boldly designed gift-tags.

CALICUT

"Working women's problems" was the subject of a seminar held here organised by the "Grihalakshmi", a woman's monthly in Malayalam. Dr. Mrs. Soudha Beebi who inaugurated the seminar said that in spite of education, women have not been able to get their real share of it. Those who participated in the seminar highlighted the fact that working women had very strong social problems and even in offices they were getting second rank positions.

4

5

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5. Mrs. Rukmini Devi (4th from left) released a book on Bharata Natyam edited by Dr. Sunil Kothari (ext. left) for Marg Publications in Madras recently. Also seen are (from left) Miss Dolly Sahiar, Dr. Mulk Raj Anand; Mr. P. Patwari, Governor of Tamil Nadu, Chitra Visweswaran; Dr. Padma Subrahmanyam and Mr. Y. G. Doraiswami.

6. At the inauguration of the Inner Wheel Conference, District 306, held in Baroda on Republic Day are seen (from left) Mrs. Saroj Lalwani, Mrs. Shobhana Patel, Chief Guest Mrs. Ela Bhatt; Mrs. Ganeshan and Dr. Ganeshan.

7. At the inauguration ceremony of the handicraft exhibition organised by the Association of Staff Wives of Food Specialities Ltd., in Calcutta, Mr. N. Bose, Reg. Manager, is seen with Mrs. Swapna Mitra and Mrs. M. Basu.

7

THIS WEEK FOR YOU

FOR THE WEEK
FEB. 24 — MAR. 1 1980

John Naylor

IF IT'S YOUR BIRTHDAY THIS WEEK:

Long standing problems should clear and changes you have made will turn out well. More adjustments are on the way because of the decisions and actions of people close to you. How far you get involved must be based on what has occurred in the recent past, how reliable people are, and how much responsibility you want to accept on behalf of others. See that others also take their fair share. You are at the end of a trying period of your life and outstanding improvements will emerge after mid-1980. Financially, however, care is needed until October. Take only the most calculated risks in this sphere. Whether married or single, there will be much more sparkle in your life, more affection, and a new romance if eligible.

ARIES

(Mar. 22 — Apr. 20)

Your stars are enhancing your personality and you can present yourself in a good light. Success for your endeavours if you go after what you want. Delayed plans will get moving; you will form new ones.

TAURUS

(Apr. 21 — May 21)

A persuasive sort of person will enter your scene, either in business or personal life and will have a beneficial effect on your affairs, will also provide amusing companionship and some good ideas to work on. If single, the time is ripe for romance.

GEMINI

(May 22 — June 21)

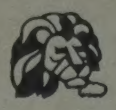
Social life, family affairs and working relationships are under favourable stars this week. Yet your ideas may be unsettled. There will be many promising openings in the months ahead, so you can let matters drift a little.

CANCER

(June 22 — July 23)

Keep in touch with what is happening around you. You can make useful business contacts and also be involved in a rewarding social scene. Correct your tendency to cling to the old and familiar ideas and loyalties you have outgrown.

LEO



(July 24 — Aug. 23)

It can be a very satisfactory week — or a disappointing one! Your stars give you a fresh slant on things and bring some opportunities your way. Don't be slack if you want to get ahead, and be responsive to your partner.

VIRGO

(Aug. 24 — Sept. 23)

Generally your affairs are under lucky stars with the potential for making headway in both personal and business life, but minor challenges are with you for some weeks and you have to move speedily to take advantage of gains and good will.

LIBRA

(Sept. 24 — Oct. 23)

If you are feeling that people close to you seem to be getting all the goodies, later in the year you enter a long-lasting fortunate phase when ambitions should be realised. Continue to work steadily towards your goals.

SCORPIO

(Oct. 24 — Nov. 22)

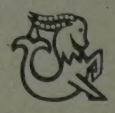
If you are planning changes, wait a little. Not only might adjustments become unnecessary because of changing conditions, but your ideas may alter over the next month or two. At present, social life is well starred, also the affairs of children.

SAGITTARIUS

(Nov. 23 — Dec. 22)

A celebration, perhaps a wedding or christening party. A lively week when new people enter your scene. Travel plans will be formed or pleasure trips arranged. Applications and inquiries will get a favourable response; it's a good idea to buy by mail.

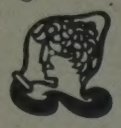
CAPRICORN



(Dec. 23 — Jan. 20)

Travel and minor changes will be fortunate for you. You may be making arrangements for a holiday or business trip, organising financial adjustments, tying up legal agreements. Socially, there's a carefree atmosphere, with new friends appearing, and strangers will be helpful.

AQUARIUS



(Jan. 21 — Feb. 19)

If you need pleasant company or are hoping for romance, there are plenty of opportunities now. Fun and happy companionship are indicated if you make yourself sociable. Cultivate a light-hearted attitude to life and people and join a new club for fresh interests.

PISCES

(Feb. 20 — Mar. 21)

You are in a strenuous period, probably making a supreme effort to get your life and affairs on to a more satisfactory basis. Do not cling to old ideas. Adjustments are inevitable and, although uncomfortable, will lead to happier times.

ARTIST OF THE MONTH

Continued from Page 37

harmony and balance of each knot and weave, and the structural beauty of the work.

Mrinalini has three also exhibitions to her credit. The first was held in '72 at the Shridharani Gallery, New Delhi, another at Triveni Gallery in '75 and the third at Pundole Art Gallery, Bombay in '77. She also took part in an exhibition that was a sort of protest against the '78 Triennale. In this protest show her works were exhibited along with those of Gulam Sheik, Gieve Patel, Laxman Goud and others.

Mrinalini has also been commissioned to do many murals. A large 300 feet by 10 feet fibre sculpture was created by her for the DCM Pavilion at Asia '72. Fibre murals of huge proportions were done for Holiday Inn, Madras, Ashoka Hotel, New Delhi, Air India, Washington, and Hotel Moghul in Agra.

Her most challenging work was the fibre mural for the Gandhi Memorial Institute in Mauritius. This was a structure, eighty feet by seven feet in two sections of forty feet by seven feet. She counts this sculpture as the most memorable work by her so far. It also proved a landmark in her creative career, for this work brought a certain maturity and she began to work on a much larger scale.

In the course of her career Mrinalini has collected the All-India Fine Arts and Crafts Society Award and Medal in '75, and the National Award for Sculpture in '76. Some of her works are to be seen in the National Gallery of Modern Art, New Delhi, the Lalit Kala Akademi and I.T.D.C. New Delhi, the Chandigarh Museum and the Chandigarh University Museum.

Mrinalini also does beautiful etchings of landscapes, but her main passion remains fibre sculpture. As the reviewer of her Pundole Art Gallery Exhibition so aptly notes, "Her work is contemporaneous with the new international trends in fibre sculpture, including within that term hangings, objects, freestanding sculptures and whole environments using any kind of fibre and a minimum of knotting and plaiting. Working here in virtual isolation, Mrinalini has devised her own indigenous forms, and the brave ingenuity of her imagination opens up new possibilities in Indian Art."

Malati Jaikumar

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